

SAVING YOU MONEY @ THE CHECKOUT

105  
FAMILY  
MEALS

# recipes+

♦ MARCH 2016 ♦ AUS \$2.99 ♦ ISSUE 116

- ♦ Super-easy pasta mains
- ♦ 6-page chocolate special
- ♦ Roasts for your barbecue
- ♦ Top-tasting toasties
- ♦ Stunning red velvet cakes

JUST  
\$2.99

BURSTING  
WITH EASY  
BUDGET  
COOKING!

65  
RECIPES  
UNDER  
\$3 A SERVE

EVERYONE LOVES A  
SAUSAGE ROLL, p36

YOUR MARCH  
recipes+ meal planner



\$3.45  
a serve

MARINATED BEEF  
WITH RICE NOODLES, P11



\$2.95  
a serve

ST PATRICK'S DAY  
RAINBOW CAKE, P81



\$3.50  
a serve

PRAWN & CUCUMBER  
SALAD, P15



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## “Lowan Muesli. A great way to start the day.”

A blue ink signature of Hayden Quinn, written in a cursive style.

Hayden Quinn - TV presenter, author and champion of a healthy lifestyle. Hayden believes a healthy start to the day is essential, which is why he chooses Lowan Muesli. Lowan contains all natural ingredients, is high in wholegrains and is packed with fibre and taste. Make Lowan the perfect way to start your day.



For information about our range and tasty recipe ideas visit [www.lowan.com.au](http://www.lowan.com.au)





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FOOD TO LOVE

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# From the Editor

**H**OOORAY, it's time to embrace my favourite month and issue of the year! It's getting cooler outside (go the Irish gene pool), it's almost my birthday (cake and flowers thanks) and it's our Bumper Budget issue. The **recipes+** team got really thrifty so we could share our top tips and tricks that will show you how easy it is to shop, cook and create memorable meals with change left over. This, of course, means you'll be able to buy fun things like handbags, shoes, clothes and Easter chocolates! When it comes to budget cooking, pasta is a huge drawcard, as it's a cheap and tasty family fave - so turn to p6 and start simmering up all the wonderful meals the **recipes+** team came up with. Another favourite feature this month - 10 ways with cornbread (p68) - has made me reminisce about my youth, taking me back to my chef apprentice days when my American sous chef opened up my "skill set" and introduced me to a world of international cuisines. Thanks, Randal, you were the first stepping stone in my career and my obsession with food. Right now, though, I can hear the little hop, hop, hop of the Easter Bunny around my office, making my inner child flourish. So for all the big and little kids out there, check out our awesome chocolate feature (p62) and five-ingredient Easter Smash Cake (p82).

For more budget recipes, catch me on **Mornings** on the Nine Network starting Monday, February 8. Happy cooking!

*Amanda* **EDITOR**



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FOR THE  
RECIPE



# YOUR MARCH RECIPES...

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## OUR RECIPES

### How we test them

- We use Standard Metric Measures. All measures are level. 1 tablespoon = 20ml 1 teaspoon = 5ml 1 cup liquid = 250ml
- We use 59-60g eggs.
- Oven temperatures are given for conventional ovens and reduced by 20°C for fan-forced (convection) cooking. However, as ovens vary by at least 10°C, check manufacturer's handbook for recommendations.
- We also use an 800-watt microwave oven.

### How we cost them

- Costs per serve (in A\$) as printed throughout the magazine are guides only. Prices were recorded at supermarkets and at suburban butchers and greengrocers as we went to press.
- Costings for major food items are based on the best buys after comparing major or home brands. Costings for all ingredients and fresh produce, when in season, are only for the quantity needed for each recipe.
- All prices quoted for recipes are subject to GST and price increases.



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# YOUR ESSENTIAL pasta guide



Here we show you how easy it is  
to create an extensive range of family meals  
using this handy pantry staple

1 Rigatoni 2 Linguine 3 Macaroni 4 Risoni 5 Penne 6 Conchiglie (shells)





## Pea Pesto Linguine with Chorizo

**SERVES** 4 **PREP** 15 minutes

**COOK** 15 minutes **COST** \$3 a serve

**300g linguine**

**1 tablespoon olive oil, plus ¼ cup extra**

**1 cured chorizo sausage, thinly sliced**

**1½ cups frozen peas, thawed**

**½ cup mint leaves, plus extra leaves, to serve**

**½ cup flat-leaf parsley leaves**

**½ cup freshly grated parmesan, plus extra, shaved, to serve**

**¼ cup lemon juice**

**1 clove garlic, chopped**

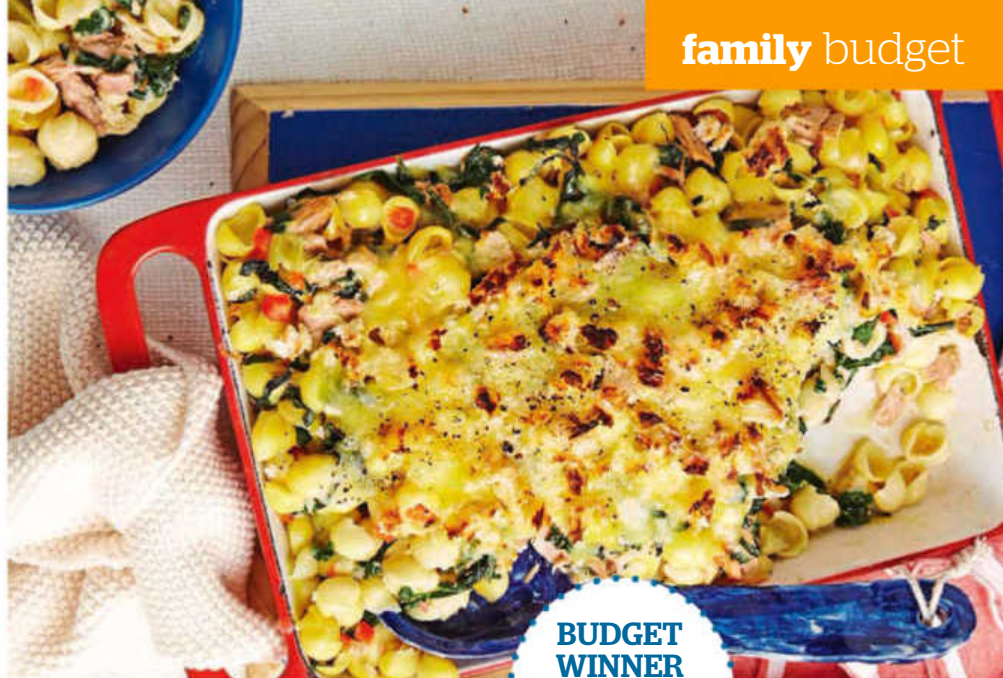
**1 tablespoon natural almonds, chopped**

**1** Cook the pasta in a large saucepan of boiling salted water for 10 minutes or until tender. Drain.

**2** Meanwhile, heat oil in a large frying pan over high heat. Cook and stir chorizo for 4 minutes or until crisp and golden. Remove from heat.

**3** Process half the peas, the mint, parsley, parmesan, juice and garlic in a small food processor until combined. With motor running, add extra oil until mixture is almost smooth. Add remaining peas; pulse until just combined.

**4** Add pasta and pea pesto to pan with chorizo; toss over low heat for 2 minutes or until heated. Serve topped with almonds, extra mint and extra parmesan.



**BUDGET  
WINNER  
\$2.90  
A SERVE**

## Tuna Pasta Bake

**SERVES** 6 **PREP** 10 minutes **COOK** 30 minutes

**500g conchiglie (shell pasta)**

**60g butter**

**1 red capsicum, chopped**

**1 onion, finely chopped**

**2 cloves garlic, crushed**

**2 tablespoons plain flour**

**1 cup milk**

**410g can cream of celery soup**

**½ cup water**

**425g can tuna in springwater, drained, flaked**

**1 bunch silverbeet, white stalks discarded, leaves shredded & blanched**

**1 cup grated tasty cheese**

**1 cup soft fresh breadcrumbs**

**1** Preheat oven to 180°C/160°C fan-forced. Lightly grease a 2-litre (8-cup) ovenproof dish. Cook pasta in a large saucepan of boiling salted water for 10 minutes or until tender. Drain.

**2** Meanwhile, melt 20g of the butter in a frying pan over moderate heat. Cook and stir capsicum, onion and garlic for 3 minutes or until tender. Transfer to a heatproof plate.

**3** Melt remaining butter in same pan. Add flour; cook and stir for 1 minute or until thick. Remove from heat. Gradually whisk in milk, soup and the water until smooth. Cook and stir over moderate heat for 2 minutes or until sauce boils and thickens. Remove from heat.

**4** Add cooked pasta, capsicum mixture, tuna, silverbeet and half the cheese. Transfer to prepared dish. Sprinkle with combined remaining cheese and breadcrumbs. Bake for 20 minutes or until golden and bubbling.

## PASTA KNOW-HOW

As a general rule, pasta with holes or ridges is best suited to a chunkier-style sauce.

**+ MACARONI** is a versatile short pasta that's used in the classic baked pasta dish, macaroni cheese.

**+ RISONI** is a short rice-shaped pasta that's ideal baked and in soups.

**+ RIGATONI** are large "grooved" pasta tubes that work well in chunky meat pasta dishes.

**+ LINGUINE** is a thin ribbon-style pasta that's delicious with creamy sauces.

**+ PENNE** are "grooved" pasta tubes with pointy ends that go with just about any sauce, especially a thick bolognese.

**+ CONCHIGLIE** (known as shells) come in a variety of sizes. The smaller shells are great used in soups, while the larger ones can be stuffed with cheese and then baked.





## Spinach, Bacon & Pumpkin Rigatoni

**SERVES 4** **PREP** 10 minutes

**COOK** 15 minutes **COST** \$3 a serve

300g rigatoni  
500g pumpkin, cut into 2.5cm pieces  
2 teaspoons vegetable or olive oil  
1 onion, finely chopped  
2 bacon rashers, rind removed, fat trimmed, finely chopped  
½ teaspoon dried fennel seeds, crushed  
¼ teaspoon dried chilli flakes  
300ml light thickened cream  
60g baby spinach leaves  
½ cup shaved parmesan

**1** Cook the pasta and pumpkin in a large saucepan of boiling salted water for 10 minutes or until tender. Drain; return to pan.

**2** Meanwhile, heat oil in a large deep frying pan over moderate heat. Add onion and bacon; cook and stir for 5 minutes or until bacon is golden. Add fennel and chilli; cook and stir for 30 seconds or until fragrant.

**3** Add cream. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 5 minutes or until thickened slightly. Add spinach, pasta and pumpkin; cook and stir for 1 minute or until spinach wilts. Serve topped with parmesan and sprinkled with black pepper.



## Meatballs with Risoni

**SERVES 4** **PREP** 20 minutes + cooling **COOK** 30 minutes **COST** \$3 a serve

2 tablespoons vegetable or olive oil  
1 onion, finely chopped  
2 cloves garlic, crushed  
400g beef mince  
2 tablespoons chopped basil leaves, plus extra leaves, to serve  
¼ cup dried packaged breadcrumbs  
¼ cup grated cheddar cheese, plus ¾ cup extra  
1 egg  
2 tablespoons tomato paste  
400g can diced tomatoes  
2 large beef stock cubes  
3½ cups water  
1½ cups risoni  
¼ cup flaked almonds  
Mixed salad leaves, to serve

**1** Preheat oven to 180°C/160°C fan-forced. Heat half the oil in a large flameproof ovenproof dish over moderate heat.

Add onion and garlic; cook and stir for 3 minutes or until soft. Cool.

**2** Combine onion mixture, mince, basil, breadcrumbs, cheese and egg in a large bowl. Roll tablespoon measures of mixture into 20 meatballs.

**3** Heat remaining oil in same dish over moderately high heat. Cook and turn meatballs for 5 minutes or until browned. Stir in tomato paste, tomatoes, crumbled stock cubes and the water. Bring to the boil. Add pasta. Cover; bake for 10 minutes.

**4** Increase oven temperature to 220°C/200°C fan-forced. Sprinkle meatballs with extra cheese and almonds. Bake, uncovered, for a further 10 minutes or until cheese melts. Serve with extra basil and mixed salad leaves.





## Italian Pasta Salad

**SERVES** 4 **PREP** 5 minutes

**COOK** 10 minutes **COST** \$2.95 a serve

300g penne

60g baby spinach and rocket leaf mix

½ cup chopped drained antipasto vegetable mix

¼ cup sliced black olives

2 teaspoons drained capers

2 tablespoons vegetable or olive oil

2 tablespoons lemon juice

2 teaspoons wholegrain mustard

Shaved parmesan, to serve

**1** Cook pasta in a large saucepan of boiling salted water for 10 minutes or until tender. Drain; refresh under cold water. Transfer to a large bowl.

**2** Add spinach mix, antipasto mix, olives and capers; toss to combine. Whisk oil, juice and mustard in a bowl. Add to pasta; toss to combine. Serve topped with parmesan.

**BUDGET TIP**  
Pasta is super cheap, so it's just the ticket to bulk up soups, frittatas and salads



## Tomato & Beef Macaroni

**SERVES** 6 **PREP** 20 minutes **COOK** 45 minutes **COST** \$3 a serve

1 tablespoon olive oil

1 onion, finely chopped

600g beef mince

2 tablespoons tomato paste

2 teaspoons ground cinnamon

400g can diced tomatoes

300g macaroni

1 cup grated cheddar cheese

50g butter, chopped

1 quantity Bechamel Sauce (recipe, right)

**1** Preheat oven to 180°C/160°C fan-forced. Heat oil in a large saucepan over high heat. Add onion; cook and stir for 2 minutes or until soft. Add mince; cook, stirring to break up lumps, for 5 minutes or until browned.

**2** Stir in tomato paste and cinnamon; cook and stir for 2 minutes or until combined and fragrant. Add tomatoes. Bring to the boil. Reduce heat to low; simmer, stirring occasionally, for 10 minutes or until mixture thickens.

**3** Meanwhile, cook pasta in a large saucepan of boiling salted water for 10 minutes or until tender. Drain; transfer

to a 2.5-litre (10-cup) ovenproof dish. Stir in cheese and butter.

**4** Spoon tomato mixture over pasta in dish. Top with Bechamel Sauce; level surface. Bake for 25 minutes or until golden and bubbling.

## Bechamel Sauce

**MAKES** 2 cups **PREP** 5 minutes  
**COOK** 5 minutes

60g butter

¼ cup plain flour

2 cups milk, heated

1 egg, lightly whisked

½ cup freshly grated parmesan

1 teaspoon ground nutmeg

Melt butter in a saucepan over moderate heat. Add flour; cook and stir for 1 minute or until thick. Remove from heat. Whisk in milk. Return to heat. Bring to the boil, stirring constantly. Simmer for 3 minutes or until sauce thickens and coats the back of a spoon. Remove from heat. Whisk in the egg, parmesan and nutmeg. Season.



# Budget barbie

Heat up the barbecue for these dollar-wise meaty mains



## Roast Pork with Orange & Fennel Salad

**SERVES 6** **PREP** 20 minutes + 10 minutes to rest **COOK** 1 hour **COST** \$3.50 a serve

**1.5kg boned pork shoulder**  
**1 tablespoon vegetable or olive oil,**  
**plus 2 tablespoons extra**  
**1 quantity Fennel & Salt Rub**  
**(recipe, right)**  
**3 oranges, seeded, segmented**  
**3 (600g) baby fennel bulbs, thinly**  
**sliced, plus fennel fronds, to serve**  
**½ cup pitted kalamata olives, quartered**  
**2 tablespoons red wine vinegar**

**1** Preheat a barbecue with lid to moderately high. Place pork, rind-side up, on a chopping board. Rub oil into rind. Sprinkle Fennel & Salt Rub over top; rub well into rind. Place pork, skin-side up, in an ovenproof baking dish.

**2** Place the dish on barbecue grill. Turn off burners directly under pork, leaving other burners on. Reduce heat to moderate.

**3** Close barbecue lid; cook pork for 1 hour or until cooked (juices will run clear when pierced with a knife). Remove from barbecue. Cover with foil; rest for 10 minutes. Carve.

**4** Combine orange, fennel and olives in a large bowl. Whisk the extra oil and vinegar in a small bowl. Add to fennel mixture; toss to combine. Season. Top with fennel fronds. Serve pork with fennel salad.

## Fennel & Salt Rub

**MAKES** ½ cup **PREP** 5 minutes

**1 tablespoon fennel seeds**  
**1 tablespoon coriander seeds**  
**1 teaspoon finely grated orange zest**  
**1 tablespoon sea salt flakes**

Place fennel, coriander, zest and salt in a mortar and pestle. Gently pound until combined.





## Roast Beef with Peppercorn Mustard Crust

**SERVES** 6 **PREP** 35 minutes + 30 minutes to chill + 10 minutes to rest **COOK** 1 hour  
**COST** \$3.50 a serve

- 2 cups soft fresh breadcrumbs
- ¼ cup finely chopped flat-leaf parsley, plus ¼ cup extra
- 1 clove garlic, crushed
- 1 tablespoon chopped, drained canned green peppercorns
- 2 tablespoons dijon mustard, plus ½ cup extra
- 50g butter, chopped
- 1.2 kg beef bolar blade (see p12)
- 750g chat (baby) potatoes
- ½ cup sour cream
- 1½ cups frozen peas, blanched

**1** Combine breadcrumbs, parsley, garlic, peppercorns, half the mustard and the butter in a bowl. Season. Press evenly over top of beef. Chill for 30 minutes.

**2** Preheat a barbecue with lid to moderate. Place beef in an ovenproof dish. Place on barbecue grill. Turn off burners directly under beef, leaving other burners on. Close barbecue lid; Cook for 1 hour for medium or until cooked to your liking. Remove from barbecue. Cover with foil; rest for 10 minutes. Slice.

**3** Meanwhile, place potatoes in a large saucepan. Cover with water. Bring to the boil over high heat; boil for 10 minutes or until tender. Drain; cool. Cut into quarters. Transfer to a large bowl. Whisk sour cream, extra parsley and remaining mustard in a bowl. Add to potato; mix well.

**4** Serve beef with potato salad, peas and extra dijon mustard.



## Asian Marinated Beef with Rice Noodle Salad

**SERVES** 6 **PREP** 20 minutes + 1 hour to marinate + 10 minutes to rest **COOK** 20 minutes  
**COST** \$3.45 a serve

- ½ cup lime juice, plus 2 tablespoons extra, plus 2 limes cut into wedges
- 2 tablespoons fish sauce, plus 1 tablespoon extra
- 2 teaspoons brown sugar, plus 2 teaspoons extra
- 1 clove garlic, crushed, plus 1 extra
- 2 fresh small red chillies, thinly sliced
- 1kg beef flank steak, halved (see p12)
- 150g thin rice stick noodles
- 250g cherry tomatoes, halved
- 1 lebanese cucumber, halved lengthwise, thinly sliced
- ½ red onion, thinly sliced
- 1 cup coriander leaves, plus 2 tablespoons finely chopped coriander stems, extra
- 1 tablespoon vegetable or peanut oil

**1** Combine juice, fish sauce, sugar, garlic and chilli in a large shallow glass dish. Add beef; turn to coat. Cover with plastic food wrap; chill for 1 hour to marinate.

**2** Heat a char-grill pan to moderately high. Drain beef from marinade. Char-grill beef for 8 minutes each side for medium or until cooked to your liking. Transfer to a heatproof plate. Cover with foil; rest for 10 minutes. Slice. Char-grill limes for 1 minute each side or until browned.

**3** Meanwhile, place noodles in a heatproof bowl. Cover with boiling water; stand for 5 minutes or until tender. Stir with a fork to separate strands. Refresh under cold water. Drain well. Transfer to a bowl.

**4** Add tomato, cucumber, onion and coriander; toss to combine. Transfer noodle salad to a serving plate. Top with beef. Whisk extra juice, extra fish sauce, extra sugar, extra garlic, coriander stems and oil in a bowl. Drizzle over beef. Serve with lime wedges.



## Lemon Chicken with Salsa Verde

**SERVES** 6 **PREP** 15 minutes

+ 30 minutes to marinate

**COOK** 45 minutes

**1.8kg whole fresh or frozen (thawed) chicken**

**1 tablespoon vegetable or olive oil**

**1 tablespoon finely grated lemon zest**

**¼ cup lemon juice**

**¼ cup pitted black olives, thinly sliced**

**¼ cup finely chopped flat-leaf parsley**

**2 cloves garlic, crushed**

**2 teaspoons paprika**

**½ teaspoon dried chilli flakes**

**1 bunch dutch (baby) carrots, trimmed**

**150g green beans, trimmed, blanched**

**Salsa Verde, to serve (recipe, right)**

**Lemon wedges, to serve**

**1** Place chicken, breast-side down, on a chopping board. Using kitchen scissors, cut along each side of chicken backbone; discard backbone. Turn chicken breast-side up, and press down to flatten slightly. Place in a large shallow glass dish. Whisk oil, zest, juice, olives, parsley, garlic, paprika and chilli in a bowl. Pour over chicken; turn to coat. Cover; chill for 30 minutes to marinate.

**2** Preheat a barbecue with lid to moderately high. Drain chicken from marinade; discard marinade. Close barbecue lid; cook chicken for 20 minutes. Turn; cook for a further 15 minutes or until browned and cooked. Transfer to a heatproof plate. Cover with foil; rest for 5 minutes. Cut into pieces.

**3** Add carrots to grill; cook and turn for 3 minutes or until browned and tender. Transfer to a bowl. Add beans; toss to combine. Serve chicken with carrot and beans, Salsa Verde and lemon wedges.

## Salsa Verde

**MAKES** 1 cup **PREP** 5 minutes

**1 cup firmly packed flat-leaf parsley leaves**

**1 clove garlic, crushed**

**2 tablespoons lemon juice**

**2 tablespoons olive oil**

Process all ingredients in a small food processor until smooth. Season.

**BUDGET  
WINNER  
\$3  
A SERVE**

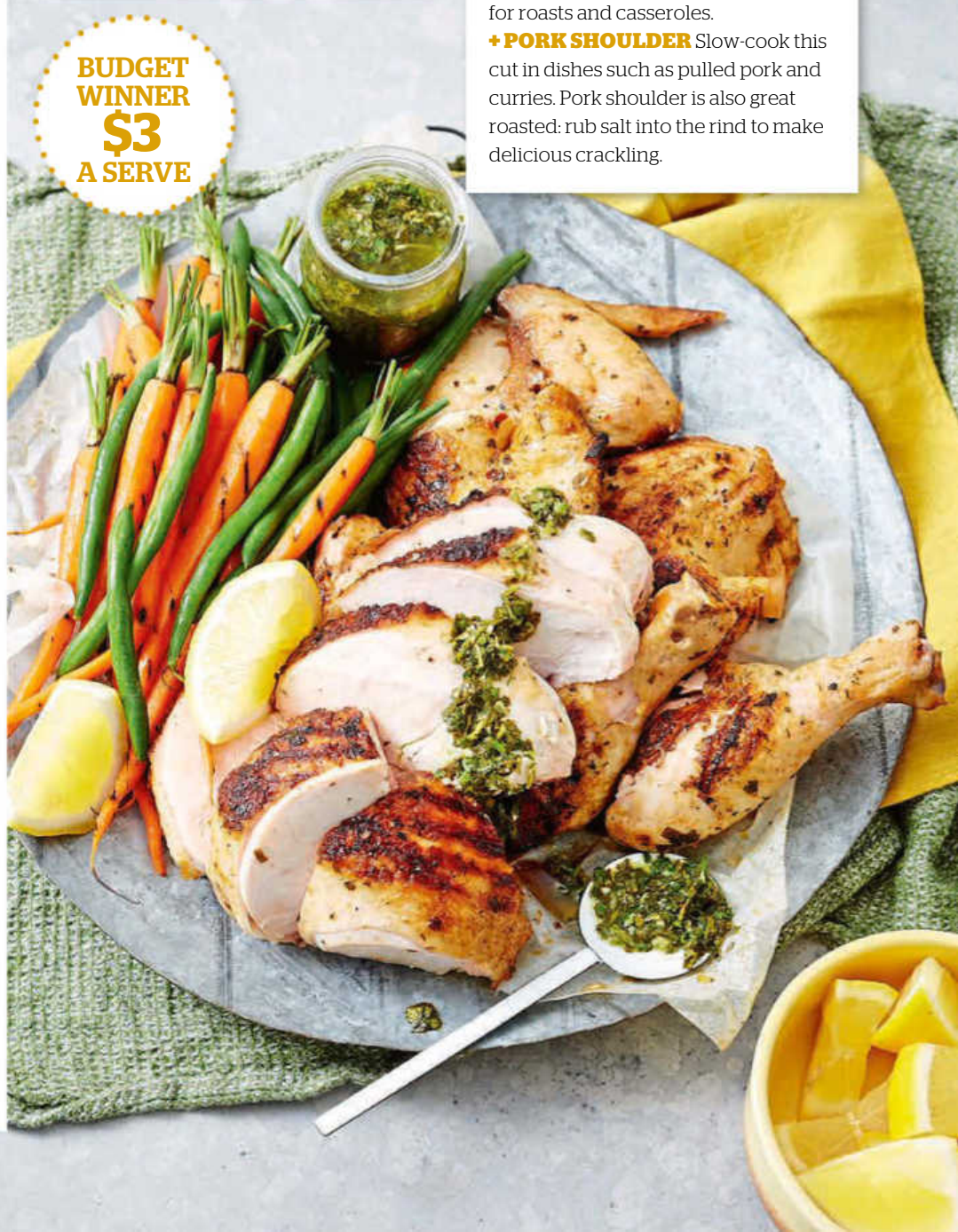
## CHEAP, CHEAP!

**+BEEF FLANK STEAK** This is usually ground for mince. However, when marinated and tenderised, it's a tasty option for salads and fajitas.

**+WHOLE CHICKEN** When on special, this is a seriously good budget option for a family meal. Roast whole or cut into pieces.

**+BEEF BOLAR BLADE** This comes from the shoulder and is a great cut for roasts and casseroles.

**+PORK SHOULDER** Slow-cook this cut in dishes such as pulled pork and curries. Pork shoulder is also great roasted: rub salt into the rind to make delicious crackling.





# Going single is a **WINNER** tonight!



Winner Gravy/Stocks Category 2016.  
Survey of 14,300 people by Nielsen.



*Perfect with a meal for one*





# Eastern flair

Take your tastebuds on an exotic trip with these delicious Asian-inspired salads

## Teriyaki Tofu Noodle Salad

**SERVES** 2 **PREP** 15 minutes

+ 10 minutes to marinate

**COOK** 15 minutes **COST** \$3.40 a serve

**150g firm tofu, thickly sliced**

**¼ cup teriyaki sauce and marinade**

**90g dried udon noodles**

**1 tablespoon vegetable or peanut oil**

**½ red onion, halved, cut into thin wedges**

**2 teaspoons minced ginger**

**½ red capsicum, thinly sliced**

**100g snow peas, thinly sliced lengthwise**

**¼ cup coriander leaves, plus**

**2 tablespoons extra, to serve**

**1** Place tofu in a glass bowl. Pour teriyaki sauce over tofu; turn to coat. Chill for 10 minutes to marinate.

**2** Meanwhile, cook noodles in a large saucepan of boiling water for 4 minutes or until tender. Drain; refresh under cold water. Transfer to a bowl.

**3** Heat a wok or large frying pan over moderate heat. Add half the oil; swirl to coat. Remove tofu from marinade, reserving marinade. Cook tofu for 2 minutes each side or until golden. Add reserved marinade; stir-fry for 1 minute or until browned. Transfer tofu mixture to a heatproof plate. Cover to keep warm. Wipe wok clean. Heat wok over high heat. Add remaining oil, swirl to coat. Add onion and ginger; stir-fry for 3 minutes or until soft. Remove from heat.

**4** Add tofu, onion mixture, capsicum, snow peas and coriander to noodles; toss to combine. Serve topped with extra coriander leaves.

## SPICY DRESSINGS

### + WASABI & MISO DRESSING

Whisk **2 tablespoons miso paste**, **3 teaspoons wasabi paste**, **1 tablespoon lime juice**, **1 tablespoon peanut oil** and **2 teaspoons sesame oil** in a bowl.

### + FRIED SHALLOT & CHILLI

**DRESSING** Whisk **2 tablespoons fried shallots**, **½ thinly sliced long red chilli**, **2 tablespoons avocado oil**, **2 tablespoons lemon juice** and **1 crushed clove garlic** in a bowl.

### + RED CURRY DRESSING

Whisk **½ cup coconut milk**, **1½ tablespoons thai red curry paste**, **1 tablespoon finely chopped basil** and **1 teaspoon finely grated lime zest** in a bowl.





## Asian Coleslaw

**SERVES** 2 **PREP** 15 minutes

**COOK** 5 minutes

- 60g green beans, cut into 3cm lengths diagonally
- 2 tablespoons flaked almonds, toasted
- $\frac{3}{4}$  cup shredded chinese cabbage (wombok)
- $\frac{3}{4}$  cup shredded red cabbage
- 1 carrot, cut into matchsticks
- $\frac{1}{2}$  cup bean sprouts
- 2 green onions, finely chopped
- $\frac{1}{4}$  cup coarsely chopped coriander
- 2 teaspoons sesame oil
- 1 tablespoon sweet chilli sauce
- 2 teaspoons light soy sauce
- 2 teaspoons lime juice
- 1 clove garlic, crushed
- 2 teaspoons sesame seeds, toasted

**1** Cook beans in a saucepan of boiling water for 3 minutes or until tender. Drain; refresh under cold water.

**2** Combine beans, almonds, cabbage, carrot, sprouts, onion and coriander in a large bowl.

**3** Whisk oil, sauces, juice and garlic in a bowl. Season. Add to cabbage mixture; toss to combine. Spoon salad onto a serving platter. Serve sprinkled with sesame seeds.



## Thai Prawn & Cucumber Salad

**SERVES** 2 **PREP** 15 minutes + 10 minutes to chill **COOK** 10 minutes **COST** \$3.50 a serve

**+ TOP TIP** Use a vegetable peeler to cut cucumber into ribbons.

- 90g dried soba noodles
- $\frac{1}{2}$  lebanese cucumber, thinly sliced lengthwise
- 1 small red capsicum, finely chopped
- $\frac{1}{2}$  red onion, thinly sliced
- 2 green onions, thinly sliced
- $\frac{1}{4}$  cup coriander leaves, plus 1 tablespoon extra
- 200g uncooked prawns, peeled, deveined, tails left intact
- $1\frac{1}{2}$  tablespoons cornflour
- 1 egg, lightly whisked
- $\frac{1}{2}$  cup panko (dried japanese breadcrumbs)
- Vegetable oil, to deep-fry
- 2 tablespoons lime juice
- 1 tablespoon rice wine vinegar
- 2 teaspoons caster sugar

**1** Cook noodles in a saucepan of boiling water for 5 minutes or until tender. Drain;

refresh under cold water. Transfer to a large bowl. Add cucumber, capsicum, red and green onion and 2 tablespoons of the coriander; toss to combine.

**2** Toss prawns in cornflour, dip into egg then in breadcrumbs to coat. Place on a plate. Chill for 10 minutes.

**3** Heat oil in a large heavy-based saucepan over high heat (oil is ready when a cube of bread crisps quickly without absorbing any oil). Deep-fry prawns, in batches, for 2 minutes or until golden. Drain on paper towel.

**4** Whisk juice, vinegar, sugar and remaining coriander in a small jug. Add prawns and dressing to noodle mixture; toss to combine. Serve topped with extra coriander.





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February 19 - March 17

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Clockwise from above: KORKEN JAR WITH LID, 1L, \$2.99 (other sizes available); JÄMKA FOOD CONTAINERS, 0.5L, \$2.99/3 PACK (other sizes available); SORTERA WASTE SORTING BIN WITH LID, 60L, \$24.99.



Clockwise from above: IVAR BOTTLE RACK, \$10; IVAR HOOKS FOR SHELF, \$3/2 PACK; IVAR LABEL HOLDER, \$2/2 PACK; IVAR UNIT, \$325 (W134xD50xH226cm); IVAR UNIT WITH CABINET, \$315 (W174xD30xH179cm). IVAR prices before discount.



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# Tasty toasties

For a fast and filling fix, try these super hot sandwiches!

## Pea & Silverbeet Pan Toasties

**SERVES** 4 **PREP** 15 minutes  
+ 30 minutes to chill **COOK** 15 minutes

**COST** \$3 a serve

2 cups plain flour  
1 teaspoon salt  
1½ cups natural yoghurt  
250g cream cheese, at room temperature  
1 cup frozen peas, thawed  
2 tablespoons chopped dill  
1 bunch silverbeet, trimmed, blanched, excess liquid removed  
1 cup grated tasty cheese  
2 tablespoons vegetable or olive oil  
Lemon wedges, to serve

**1** Combine flour and salt in a bowl. Add yoghurt; stir to create a soft dough. Knead on a floured surface for 5 minutes or until smooth. Place in a bowl. Cover with plastic food wrap; chill for 30 minutes.

**2** Meanwhile, process cream cheese, peas and dill in a food processor until it forms a paste.

**3** Divide dough in half. Roll out each portion to a 35cm x 25cm rectangle. Spread pea mixture in the centre of each rectangle. Top with silverbeet and cheese. Fold in edges to seal.

**4** Heat oil in a large frying pan over moderate heat. Cook toasties, in batches, for 3 minutes each side or until golden and heated through. Serve with lemon wedges.







## Pear & Mortadella Toasties

**SERVES 4** **PREP** 15 minutes  
**COOK** 10 minutes **COST** \$3 a serve

1 loaf turkish pide bread  
40g butter, at room temperature  
40g baby rocket leaves  
300g sliced mortadella  
2 pears, cored, peeled, sliced  
1 cup grated pizza cheese

**1** Preheat a sandwich press. Cut bread into 4 portions crosswise, then cut each portion in half horizontally. Spread cut sides with butter.

**2** Place bread bases on a flat surface. Top with rocket, mortadella, pear and cheese. Top with remaining bread.

**3** Cook, in batches, in sandwich press for 5 minutes or until heated through. Cut in half.

### TOASTIE TIPS

- + BREAD** Toasted sandwiches are a great way to use up day-old bread.
- + NO SANDWICH PRESS?** Use a small frying pan instead. Heat over moderate heat.
- + FILLINGS** Don't overfill toasties as they may be too thick to heat through.



## Chicken Schnitzel & Pesto Toasties

**SERVES 4** **PREP** 15 minutes + 15 minutes to chill **COOK** 25 minutes **COST** \$3.50 a serve

2 x 250g single chicken breast fillets  
1 egg, lightly whisked  
1 cup panko (japanese dried breadcrumbs)  
Vegetable oil, to shallow-fry  
4 thin bacon rashers, rind removed  
8 slices sourdough bread  
½ cup basil pesto  
2 tomatoes, sliced  
1 cup grated tasty cheese  
Potato crisps, to serve

**1** Cut each chicken breast in half to make 4 pieces in total. Gently pound chicken until about 1cm thick. Place egg and panko in separate shallow bowls. Dip chicken in egg, then panko to coat. Place on a plate. Cover with plastic food wrap; chill for 15 minutes.

**2** Heat oil in a large frying pan over high heat. Shallow-fry schnitzels, in batches, for 2 minutes each side or until cooked and golden. Drain on paper towel. Discard oil in pan. Add bacon to pan; cook for 3 minutes each side or until browned and cooked.

**3** Preheat a sandwich press. Place 4 bread slices on a flat surface; spread with pesto. Top with a schnitzel, tomato, bacon and cheese, then the remaining bread.

**4** Cook the toasties, in batches, in a sandwich press for 5 minutes or until heated through. Cut in half. Serve the toasties with potato crisps.



## Pastrami & Sauerkraut Toasties

**SERVES** 4 **PREP** 15 minutes **COOK** 10 minutes

**½ cup mayonnaise**  
**¼ cup sweet gherkins, finely chopped**  
**8 thick slices dark rye bread**  
**300g sliced pastrami**  
**1 cup sauerkraut**  
**1 cup grated cheddar cheese**  
**Potato wedges and sour cream, to serve**

**1** Preheat a sandwich press. Whisk mayonnaise and gherkins in a bowl.

Lay 4 bread slices on a clean work surface; spread with mayonnaise mixture. Top with pastrami, sauerkraut and cheese. Top with remaining bread.

**2** Cook, in batches, in sandwich press for 5 minutes or until heated through. Cut in half. Serve with wedges and sour cream.

**BUDGET  
WINNER  
\$2.95  
A SERVE**





# Relish the moment

Use in-season vegetables and fruit to create these delicious preserves

## Corn Relish

**MAKES** 2 cups **PREP** 15 minutes **COOK** 35 minutes

**COST** \$2 a cup

1 tablespoon vegetable  
or olive oil  
3 red capsicums, coarsely  
chopped  
1 onion, finely chopped  
2½ cups apple cider  
vinegar  
½ cup caster sugar  
2 teaspoons ground  
turmeric  
2 teaspoons mustard  
powder  
1 teaspoon salt  
4 corn cobs, kernels  
removed (3 cups  
kernels)  
2 teaspoons cornflour  
Multigrain bread, sliced  
ham and cheese,  
to serve

over moderate heat. Cook and stir capsicum and onion for 10 minutes or until tender.

**2** Add vinegar, sugar, turmeric, mustard and salt; cook and stir for 3 minutes or until sugar dissolves. Increase heat to high. Bring to the boil; boil, uncovered, stirring occasionally, for 10 minutes. Add corn; boil for a further 10 minutes or until corn is tender. Stir in cornflour until the mixture thickens.

**3** Spoon mixture into hot sterilised jars (see tips). Label, date and seal. Serve on bread with ham and cheese.

## TIPS & TRICKS

**+USE IT** Always cook preserves in a heavy-based saucepan for even heat distribution.

**+TO STERILISE JARS** Wash jars and lids in warm, soapy water; rinse well. Place jars in a saucepan of boiling water; boil for 10 minutes. Using tongs, transfer to an oven tray and place in an oven preheated to 180°C/160°C fan-forced for 5 minutes or until jars are completely dry. Keep warm until ready to fill with preserves. Alternatively, put jars and lids through the hottest cycle of the dishwasher without detergent.

**+KEEP TRACK** Always label and date preserves.

**+STORE IT** Keep sealed jars in a cool, dark place for up to 3 months. Once opened, store in the fridge and use within 2 weeks. Always use a clean spoon to remove preserve from jar.





## Pineapple Jam

**MAKES** 2 cups **PREP** 15 minutes  
**COOK** 40 minutes **COST** \$2 a cup

**1** pineapple, finely chopped (4 cups)  
 ½ cup lemon juice  
 ¼ cup passionfruit pulp  
 ½ cup caster sugar  
 ½ teaspoon ground allspice  
 Buttered toast, to serve

**1** Combine the pineapple, juice and pulp in a large heavy-based saucepan over moderate heat. Cook and stir for 10 minutes or until soft.

**2** Add sugar and allspice; cook and stir for 3 minutes or until sugar dissolves. Increase heat. Bring to the boil. Reduce heat; simmer, stirring occasionally, for 25 minutes or until mixture thickens and liquid reduces by half.

**3** Spoon jam into hot sterilised jars (see tips). Label, date and seal. Serve with buttered toast.

PHOTOGRAPHY ROB SHAW



## Mustard Pickles

**MAKES** 10 cups **PREP** 20 minutes + 8 hours to stand **COOK** 30 minutes

**3** onions, sliced  
**350g** cauliflower, cut into small florets  
**100g** beans, finely chopped  
**1** red capsicum, sliced  
**1** zucchini, finely chopped  
 ¼ cup coarse cooking salt  
 ¼ cup wholegrain mustard  
**1** tablespoon mild curry powder  
**2** teaspoons mustard powder  
 ½ teaspoon ground turmeric  
**1½** cups cider vinegar, plus ¾ cup extra  
**1¼** cups firmly packed brown sugar  
**2** tablespoons plain flour  
 Bread rolls, cheese and sliced cold cuts, to serve

**1** Combine onion, cauliflower, beans, capsicum, zucchini and salt in a bowl. Cover with plastic food wrap; stand for 8 hours or overnight.

**2** Rinse vegetables under cold water; drain. Transfer to a large heavy-based saucepan. Add mustard, curry powder, mustard powder and turmeric; stir to combine.

**3** Add vinegar and sugar; cook and stir over low heat for 3 minutes or until sugar dissolves. Increase heat to high. Bring to the boil. Reduce heat; simmer, uncovered, for 20 minutes or until vegetables are tender.

**4** Whisk extra vinegar and flour in a bowl until smooth. Stir into vegetable mixture. Bring to the boil, stirring. Cook and stir for 5 minutes or until mixture thickens.

**5** Spoon mixture into hot sterilised jars (see tips). Label, date and seal. Serve on rolls with cheese and sliced cold cuts.

**BUDGET  
 WINNER  
 \$1.65  
 A CUP**



# No bake... cookies

Get busy in the kitchen without turning on the oven!

Clockwise from above:  
Caramel Popcorn  
Cookie Log; Lolly  
Cookie Log; Chocolate  
Biscuit Cookie Log



## COOKIE CUTTING TIPS & TRICKS

**+MIX** When processing the biscuits, make sure the mixture turns to fine crumbs. This will make it easier to combine with other ingredients and also easier to cut.

**+CHILL** The logs need to be well chilled so they are firm, making them easy to slice.  
**+CUT** Use a large knife and run the blade under hot water before slicing the logs.

**BUDGET  
WINNER  
30¢  
A COOKIE**

### Caramel Popcorn Cookie Log

**MAKES** 24 **PREP** 25 minutes  
 + 3 hours to chill **COOK** 15 minutes

395g can sweetened condensed milk  
 2 tablespoons honey  
 40g butter  
 ½ cup finely chopped unsalted  
 roasted peanuts  
 2 cups bought butter popcorn  
 1 cup dark chocolate bits

**1** Combine condensed milk, honey and butter in a medium non-stick saucepan over moderate heat. Cook and stir for 3 minutes or until melted and combined. Increase heat; cook and stir for a further 10 minutes or until thick. Pour mixture into a large heatproof bowl. Cool slightly.

**2** Place peanuts, popcorn and chocolate bits in a bowl; mix well. Add cooled caramel; mix well. Divide mixture into 2 equal portions. Shape each portion into a 24cm log.

**3** Tear off 2 large pieces of baking paper. Place each cookie log on a piece of prepared paper. Roll baking paper to enclose logs; twist ends to secure. Chill for 3 hours or until firm. Cut each log into 12 slices.

### Chocolate Biscuit Cookie Log

**MAKES** 24 **PREP** 25 minutes  
 + 3 hours to chill **COOK** 5 minutes  
**COST** 45¢ a cookie

250g packet arrowroot biscuits  
 ⅓ cup sultanas  
 ½ cup walnuts, coarsely chopped  
 ½ cup sweetened condensed milk  
 125g butter, chopped  
 ¼ cup dutch cocoa powder, sifted  
 1½ cups moist shredded coconut  
 ⅓ cup chocolate sprinkles  
 ⅓ cup orange sprinkles

**1** Place biscuits in a large resealable food storage bag. Gently pound with the flat side of a meat mallet or base of a frying pan to crush. Transfer biscuits to a large bowl. Add sultanas and walnuts; stir until well combined.

**2** Combine condensed milk, butter and cocoa in a saucepan. Stir over moderate heat for 3 minutes or until melted and combined. Add to biscuit mixture; mix well. Divide mixture into 2 equal portions. Shape each into a 24cm log.

**3** Tear off 2 large pieces of baking paper. Combine coconut and sprinkles in a bowl. Spread half of the coconut mixture over each piece of prepared paper; top with a cookie log. Roll paper to enclose logs; twist ends to secure. Chill for 3 hours or until firm. Cut each log into 12 slices.

### Lolly Cookie Log

**MAKES** 24 **PREP** 25 minutes + 3 hours  
 to chill **COST** 35¢ a cookie

250g packet malt biscuits  
 125g butter, melted  
 ½ cup sweetened condensed milk  
 300g clinkers lollies, chopped  
 1½ cups desiccated coconut

**1** Process biscuits to make fine crumbs. Transfer to a large bowl. Add butter, condensed milk and chopped lollies; mix well. Divide mixture into 2 equal portions. Shape each portion into a 24cm log.

**2** Tear off 2 large pieces of baking paper. Spread half of the desiccated coconut over each piece of prepared paper; top with a cookie log. Roll paper to enclose logs; twist ends to secure. Chill for 3 hours or until firm. Cut each log into 12 slices.



# Stick to it

Bring out your inner child and have fun revamping this old-fashioned treat!





## Toffee Apples

**MAKES** 8 **PREP** 15 minutes **COOK** 10 minutes + setting **COST** 55¢ each

**8 wooden ice-block sticks**  
**8 green-skinned apples**  
**4 cups caster sugar**  
**1½ cups water**  
**Few drops red food colouring**  
**Crushed nuts, to decorate (optional)**

**1** Insert a stick through the core of each apple (**step A**). Line an oven tray with baking paper.

**2** Pour sugar into a large heavy-based saucepan. Add the water; stir to combine. Cook and stir over low heat for 3 minutes or until sugar dissolves.

**3** Increase heat to high. Bring to the boil. Boil, without stirring, brushing down side of pan occasionally with a damp pastry brush (**step B**), for 7 minutes or until toffee begins to change colour. Add food colouring. Remove from heat. Allow bubbles to subside.

**4** Working quickly, hold stick and dip apples, one by one, into hot toffee, allowing any excess to drip off (**step C**). Roll base of toffee-coated apple in nuts to lightly coat (**step D**). Place apples on the prepared oven tray to set.



### TOP TOFFEE TIPS & TRICKS

**+ CHOOSE IT** To avoid toffee burning, use a heavy-based saucepan.

**+ DISSOLVE IT** Sugar must be completely dissolved in water before bringing mixture to the boil. Otherwise, it will turn to candy and you'll need to discard mixture and start again.

**+ BRUSH IT** To prevent toffee from crystallising, use a slightly damp pastry brush to brush down side of pan while heating.

**+ COOKING WITH KIDS** Always keep an eye on children when in the kitchen, especially around the stove. Hot toffee is extremely dangerous.

**+ MAKE AHEAD** Prepare toffee apples up to 1 day ahead. Store in a cool, dark place.

### TRY THESE, TOO!

**+ SPRINKLES** You can use chocolate sprinkles or 100's & 1000's instead of nuts

**+ PRETZELS** Coarsely crush pretzels and use instead of nuts

**+ TOASTED COCONUT** Lightly toast moist shredded coconut and use instead of nuts



# Cracker time

Our homemade crackers are perfect for a snack, a cheese board or to accompany drinks at a party

BUDGET  
WINNER  
**15¢**  
A CRACKER

## Butter Crackers

**MAKES** 24 **PREP** 15 minutes + cooling  
**COOK** 15 minutes

2 cups plain flour  
½ teaspoon baking powder  
1 teaspoon sea salt flakes  
125g cold butter, cubed, plus extra,  
to serve  
½ cup milk  
Thickly sliced vintage cheddar  
cheese, to serve

**1** Preheat oven to 180°C/160°C fan-forced. Line 2 large oven trays with baking paper. Combine flour, baking powder and salt in a large bowl. Add butter; using fingertips, rub into flour until the mixture resembles fine breadcrumbs.

**2** Add milk; stir with a round-bladed knife until just combined. Turn out dough onto a lightly floured surface and roll out to 3mm thick. Using a knife, cut dough into 6cm squares. Place on prepared trays.

**3** Bake for 15 minutes or until light golden and crisp. Transfer to a wire rack to cool. Serve with extra butter and cheese.





## Sour Cream & Chive Crackers

**MAKES** 24 **PREP** 20 minutes **COOK** 15 minutes + cooling **COST** 30¢ a cracker

**1½ cups plain flour**  
**1 small bunch chives, finely chopped**  
**2 teaspoons lemon pepper seasoning**  
**1 teaspoon garlic salt**  
**250g tub sour cream**  
**Sea salt flakes, to sprinkle**

**1** Preheat oven to 180°C/160°C fan-forced. Line 2 large oven trays with baking paper. Place flour in a large bowl. Add chives, seasoning and garlic salt; stir until combined. Add sour cream; stir with a round-bladed knife until just combined.

**2** Roll out dough on a floured surface to 3mm thick. Using a 6cm round cookie cutter, cut discs from dough. Place on prepared trays. Prick biscuits with a fork several times. Sprinkle with salt.

**3** Bake for 15 minutes or until golden and crisp. Transfer to a wire rack to cool.

## TIPS & TRICKS

**+STIR IT** Use a round-bladed knife in a cutting action to mix dough - the less handling, the better.

**+COOL IT** Completely cool crackers before storing in airtight containers.

**+MAKE A HEAD** Bake crackers up to 2 weeks ahead. Store in an airtight container in a cool place.



**STAFF PICK!**

## Lavosh Crackers

**SERVES** 6 **PREP** 15 minutes **COOK** 25 minutes + cooling **COST** 60¢ a cracker

**1 cup plain flour**  
**½ cup plain wholemeal flour**  
**¼ cup sesame seeds**  
**¼ cup fresh oregano leaves, finely chopped**  
**1 teaspoon sea salt flakes**  
**½ cup extra virgin olive oil**  
**½ cup water**  
**Hummus, to serve**  
**Tabouli, to serve**

**1** Preheat oven to 180°C/160°C fan-forced. Line 2 large oven trays with baking paper.

Combine flours, sesame seeds, oregano and salt in a large bowl. Make a well at centre.

**2** Whisk oil and the water in a jug. Add to flour mixture; stir until a dough forms. Divide dough into 2 equal portions. Roll out 1 portion on a lightly floured surface to 2mm thick. Place on 1 prepared tray. Repeat with remaining dough.

**3** Bake for 25 minutes or until golden and crisp. Transfer to a wire rack to cool. Break into pieces. Serve with hummus and tabouli.



# Heavenly scent

Grab these delicate and luscious sweet contenders for the short time they're at their peak



**BUDGET  
WINNER  
\$2  
A SERVE**

## Fig Pavlova

**SERVES 8** **PREP** 20 minutes + cooling **COOK** 1 hour 30 minutes

5 egg whites  
1¼ cups caster sugar  
1 teaspoon white vinegar  
½ cup blackberry jam  
1 cup cream  
¼ teaspoon vanilla bean paste  
3 figs, quartered  
125g blackberries  
1 tablespoon flaked almonds

**1** Preheat oven to 120°C/100°C fan-forced. Using a pencil, mark a 22cm x 15cm

rectangle on a piece of baking paper. Line an oven tray with prepared paper, marked-side down. Using an electric mixer, beat egg whites in a large, clean, dry bowl until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating well after each addition, until sugar dissolves and mixture is thick and glossy, and firm peaks form. Beat in vinegar.

**2** Lightly swirl jam through meringue. Spoon mixture onto prepared tray,

within marked rectangle. Reduce oven temperature to 100°C/80°C fan-forced. Bake for 1½ hours or until meringue is dry to touch. Turn oven off. Cool pavlova in oven with door slightly ajar.

**3** Using an electric mixer, beat cream and vanilla in a bowl until soft peaks form. Spoon cream over top of pavlova. Top with figs, berries and almonds.





## Fig Flatbreads

**SERVES** 4 **PREP** 5 minutes

**COOK** 5 minutes **COST** \$3.45 a serve

**+ BUDGET TIP** Use crumbled fresh ricotta or fetta instead of mozzarella.

**4 pita breads**

**1 tablespoon olive oil, plus extra, to drizzle**

**50g baby rocket leaves**

**4 figs, cut into wedges**

**60g mozzarella cheese, torn**

**2 tablespoons balsamic glaze**

**1** Heat a char-grill pan over high heat. Brush both sides of bread with oil. Char-grill bread, in batches, for 1 minute each side or until toasted.

**2** Place bread on serving plates. Top with rocket, figs and mozzarella. Season. Serve drizzled with balsamic glaze and extra oil.

## FIG FACTS

**+ BUYING** Look for firm fruit with no soft patches. Figs are delicate, so transport them with care.  
**+ STORING** Keep at room temperature until ripe, then store in the fridge in a safe spot for up to 2 days.  
**+ USING** Figs are delicious fresh or lightly cooked, such as grilled. They are great on toast or with cinnamon, ham, honey and ricotta.



## Fig Filo Pie

**SERVES** 4 **PREP** 20 minutes + cooling **COOK** 45 minutes **COST** \$3 a serve

**20g butter**

**1 tablespoon vegetable or olive oil**

**1 leek, pale section only, thinly sliced**

**4 sprigs thyme**

**1 teaspoon brown sugar**

**2 teaspoons red wine vinegar**

**8 sheets filo pastry**

**Cooking oil spray**

**4 eggs, at room temperature**

**¾ cup cream**

**100g fetta, crumbled**

**2 slices prosciutto, torn (optional)**

**4 figs, quartered**

**1** Heat butter and oil in a frying pan over moderate heat. Add leek and half the thyme; cook and stir for 10 minutes or until soft. Add sugar; cook and stir for 4 minutes or until caramelised. Add vinegar. Bring to the boil. Remove from heat. Cool.

**2** Preheat oven to 180°C/160°C fan-forced. Grease a 24cm (base measurement) springform pan. Place prepared pan on an oven tray. Stack 4 pastry sheets on a clean work surface, spraying with oil between each sheet. Place pastry stack in base of prepared pan, allowing edges to overhang. Stack remaining pastry sheets on a clean work surface, spraying with oil between each sheet. Place pastry in pan, at a 45-degree angle, to line base and remaining opposite side of pan, allowing edges to overhang. Whisk eggs and cream in a jug.

**3** Spread leek mixture over base of pastry shell. Pour in egg mixture. Sprinkle with fetta. Strip leaves from remaining thyme sprigs and sprinkle over cheese. Bake for 30 minutes or until just set at centre. Serve topped with prosciutto, if using, and figs.





For more mouth watering cocktails go to [www.theginger.net.com](http://www.theginger.net.com)

# Awarded Number ONE Beverage Product

as voted by thousands



In a recent survey, conducted by Nielson, of 14,300 Australian consumers, **Buderim Ginger Beer & Pear** came out on top in the Beverage category for Product of the Year.



A division of Buderim Group Limited

# MACABELLA

CHOC'MACADAMIA SPREAD

## Awarded Number ONE Spread Product

as voted by thousands



In a recent survey, conducted by Nielson, of 14,300 Australian consumers, **Macabella Choc'Macadamia Spread** came out on top in the **Spreads** category for Product of the Year.

Macabella Choc'Macadamia Spread is infused with the unique flavour of diced and gently ground macadamias, allowing your taste buds to experience a true delight with one of the worlds finest nuts.



AVAILABLE IN THE SPREADS AISLE AT YOUR LOCAL COLES, WOOLWORTHS & SELECTED IGA's

**Macabella Velvet**, with it's rich, smooth texture. Available exclusively at your local Woolworths store









# FOOD

— TO LOVE —



*homework to  
dinner time  
chaos to calm  
food to love*



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# BUDGET MEAL PLANNER

## WEEK 1

All this week's recipes are on the table in 30 minutes or less, feature nutrition counts and cost from just \$3 a serve

### MONDAY

#### Pork Ribs with Apple Salsa

**SERVES 4** **PREP** 15 minutes **COOK** 10 minutes **NUTRITION** 1877kJ; 21g fat (7g sat); 37g protein; 23g carbohydrate; 9g fibre a serve **COST** \$3.50 a serve

600g pork spare ribs  
2 cloves garlic, finely chopped  
1 tablespoon light soy sauce  
1 teaspoon chinese five-spice powder  
¼ cup lemon juice  
2 red apples, cored, unpeeled, cut into 2cm pieces  
2 mangoes, cut into 2cm pieces  
½ cup coarsely chopped mint  
1 fresh long red chilli, thinly sliced  
Steamed asian greens, to serve

**1** Cut pork into serving-sized pieces; place in a glass bowl. Whisk garlic, soy sauce, five-spice powder and 1 tablespoon of the juice in a small bowl. Pour over pork; toss to coat.

**2** Meanwhile, combine remaining juice, apple, mango, mint and chilli in a large bowl.

**3** Heat a char-grill pan over moderately high heat. Add pork; cook for 4 minutes each side or until browned and cooked. Serve with apple salsa and asian greens.

### \*\*\*\*\* DINNERS FOR 4 \*\*\*\*\*

**MONDAY** \$14.00  
Pork Ribs with Apple Salsa

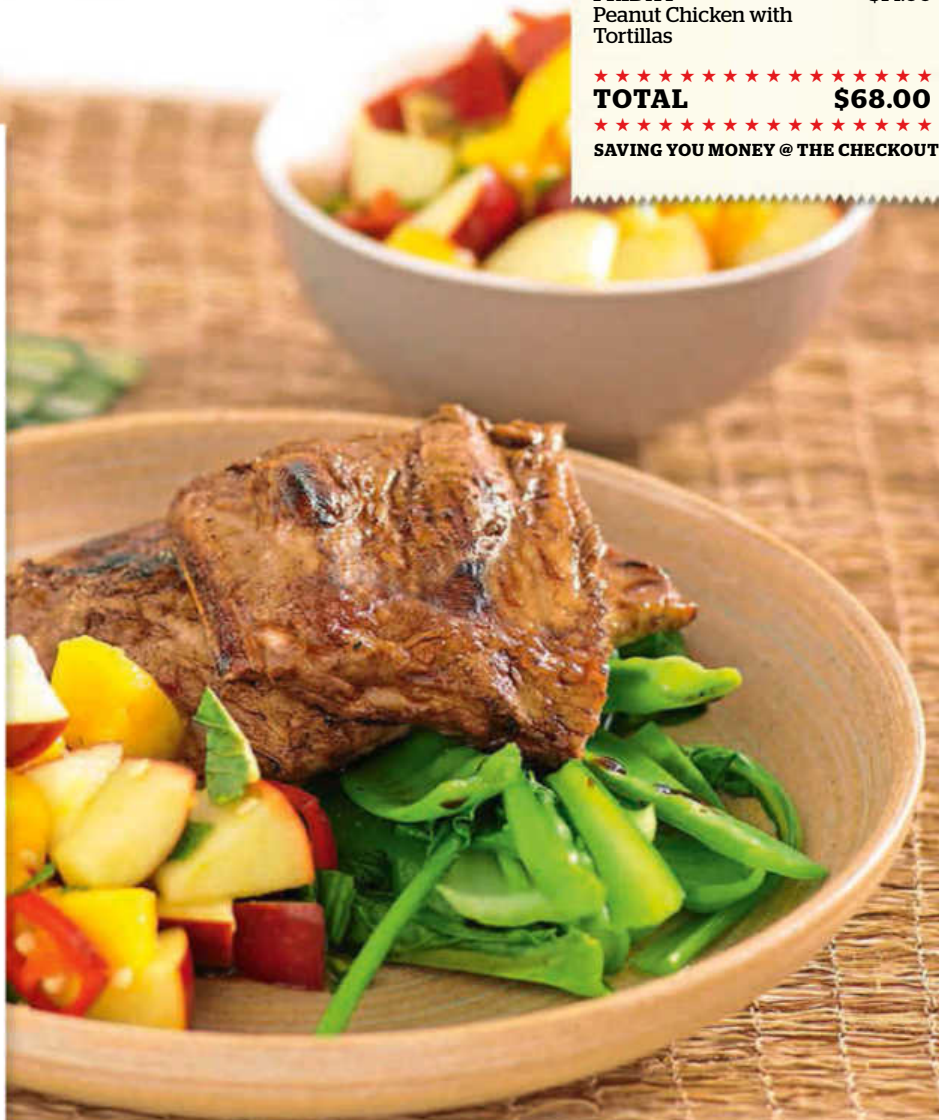
**TUESDAY** \$12.00  
Savoury Mince Potatoes

**WEDNESDAY** \$14.00  
Soy Beef Stir-fry with Noodles

**THURSDAY** \$14.00  
Green Curry Fish Burgers

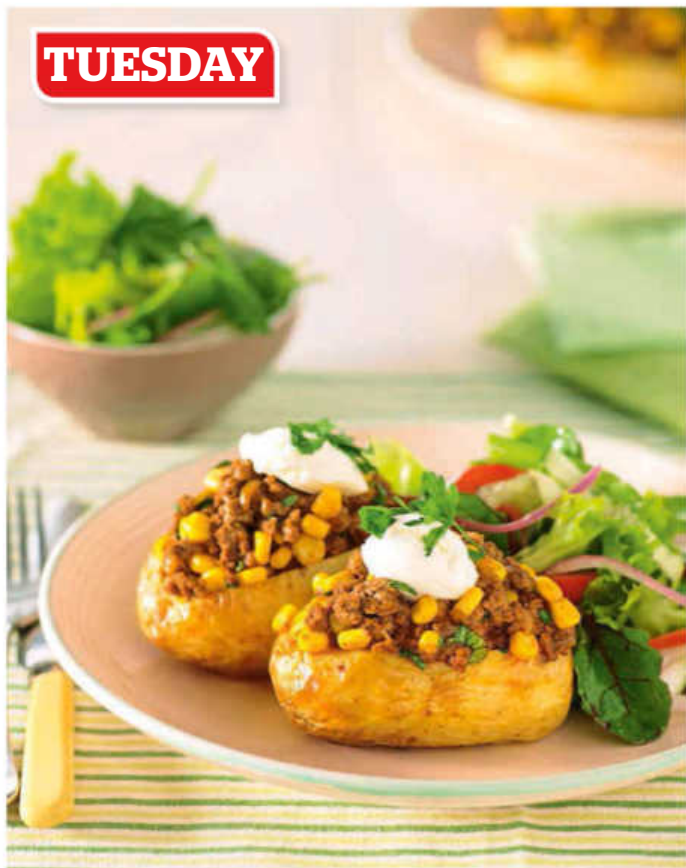
**FRIDAY** \$14.00  
Peanut Chicken with Tortillas

\*\*\*\*\*  
**TOTAL** \$68.00  
\*\*\*\*\*  
SAVING YOU MONEY @ THE CHECKOUT





## TUESDAY



### Savoury Mince Potatoes

**SERVES 4** **PREP** 15 minutes **COOK** 15 minutes **NUTRITION** 2666kJ; 24g fat (9g sat); 41g protein; 59g carbohydrate; 8g fibre a serve

**COST** \$3 a serve

**8 medium floury potatoes**  
**Cooking oil spray**  
**1 tablespoon vegetable oil**  
**1 onion, finely chopped**  
**2 teaspoons sweet paprika**  
**500g beef mince**  
**1 tablespoon plain flour**  
**1 cup boiling water**  
**1 large beef stock cube**  
**3 teaspoons worcestershire sauce**  
**½ cup chopped flat-leaf parsley, plus extra, to sprinkle**  
**310g can corn kernels, rinsed**  
**½ cup extra-light sour cream**  
**Mixed salad, to serve**

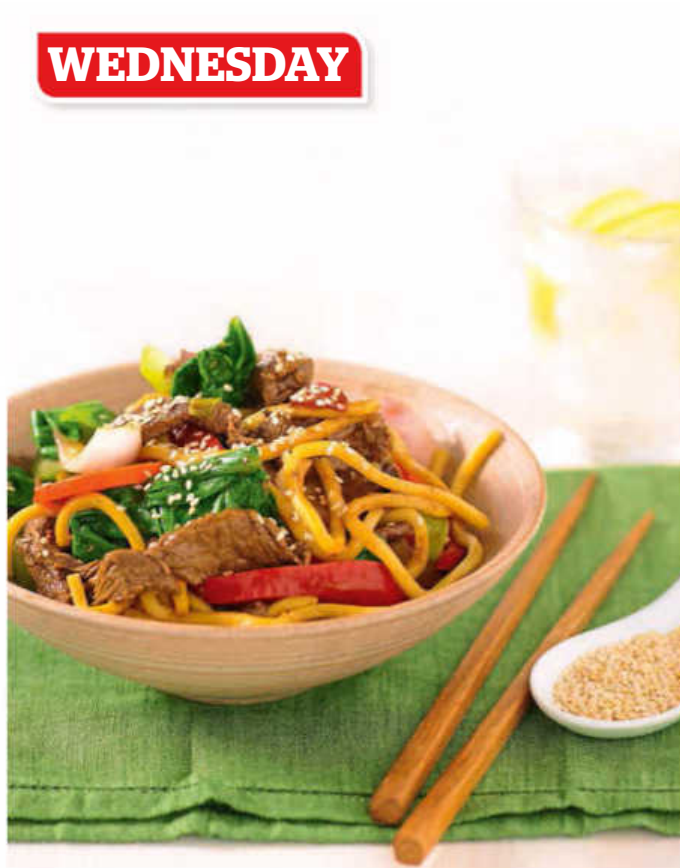
**1** Preheat oven to 220°C/200°C fan-forced. Grease an oven tray. Pierce potatoes all over with a fork; place on a microwave-safe plate. Microwave on High (100%) for 5 minutes or until almost tender. Stand for 1 minute.

Place potatoes on prepared tray; spray with oil. Bake for 10 minutes or until tender.

**2** Meanwhile, heat oil in a large frying pan over moderate heat. Add onion and paprika; cook and stir for 5 minutes or until soft. Add mince; cook, stirring to break up lumps, for 5 minutes or until browned. Add flour; season. Stir in the boiling water, crumbled stock cube and sauce. Bring to the boil. Reduce heat. Simmer, covered, for 5 minutes or until thickened. Stir in parsley and corn.

**3** Place potatoes on serving plates. Using a small, sharp knife, cut deep slits across tops. Spoon in mince mixture; top with sour cream. Sprinkle with extra parsley. Serve with salad.

## WEDNESDAY



### Soy Beef Stir-fry with Noodles

**SERVES 4** **PREP** 15 minutes **COOK** 15 minutes **NUTRITION** 2095kJ; 16g fat (4g sat); 38g protein; 44.5g carbohydrate; 10g fibre a serve

**COST** \$3.50 a serve

**450g packet fresh hokkien noodles**  
**2 teaspoons vegetable or peanut oil**  
**2 cloves garlic, thinly sliced**  
**500g beef rump steak, thinly sliced**  
**2 red onions, cut into wedges**  
**2 carrots, thinly sliced**  
**1 red capsicum, thinly sliced**  
**2 tablespoons soy sauce**  
**2 tablespoons mirin**  
**seasoning**  
**3 teaspoons sesame oil**  
**1 bunch (300g) baby bok choy, trimmed, coarsely shredded**  
**1 tablespoon sesame seeds, toasted**

Add 1 teaspoon of the oil; swirl to coat surface. Stir-fry garlic for 30 seconds or until fragrant; transfer to a heatproof bowl.

**2** Add the remaining oil to wok. Stir-fry beef, in 2 batches, for 2 minutes or until browned. Transfer to bowl with garlic. Add the onion, carrot and capsicum to wok; stir-fry for 2 minutes or until vegetables are tender.

**3** Return beef to wok. Add soy sauce, mirin and sesame oil; toss for 3 minutes or until heated. Add bok choy; stir-fry for 30 seconds or until just wilted. Add the noodles; toss until combined and heated. Serve stir-fry sprinkled with sesame seeds.

**1** Soak noodles in boiling water in a large heatproof bowl for 5 minutes. Stir to separate strands. Drain. Heat a wok or large frying pan over high heat.



## THURSDAY



## Green Curry Fish Burgers

**SERVES** 4 **PREP** 15 minutes **COOK** 15 minutes **NUTRITION** 2485kJ; 20g fat (3.5g sat); 34g protein; 65g carbohydrate; 8g fibre a serve

**COST** \$3.50 a serve

500g floury potatoes (such as coliban), finely chopped  
2 tablespoons water  
1 onion, coarsely grated  
2 tablespoons green curry paste  
½ cup coarsely chopped coriander  
415g can pink salmon, drained, flaked  
2 teaspoons finely grated lemon zest  
1 egg, lightly whisked  
2 tablespoons cornflour  
2 tablespoons vegetable or peanut oil  
4 bread rolls, halved, toasted, buttered  
4 butter lettuce leaves  
1 tomato, sliced  
½ cucumber, sliced  
1 carrot, cut into ribbons  
Natural yoghurt, sweet chilli sauce and lemon wedges, to serve

**1** Place potato and the water in a large microwave-safe bowl. Microwave, covered, on High (100%) for 5 minutes or until tender. Stand for 1 minute. Drain. Transfer to a large bowl; mash until almost smooth.

**2** Add onion, curry paste, coriander, salmon, zest and egg to potato. Season. Shape mixture into 4 patties. Dust with cornflour. Place on a plate.

**3** Heat oil in a frying pan over moderately low heat. Cook patties for 3 minutes each side or until golden. Drain on paper towel. Top bread roll bases with lettuce, a patty, tomato, cucumber and carrot. Serve topped with yoghurt and sweet chilli sauce. Serve with remaining bread and lemon wedges.

## FRIDAY



## Peanut Chicken with Tortillas

**SERVES** 4 **PREP** 10 minutes **COOK** 15 minutes **NUTRITION** 3073kJ; 36g fat (10g sat); 25g protein; 74g carbohydrate; 10.5g fibre a serve

**COST** \$3.50 a serve

6 thin chicken sausages  
Cooking oil spray  
1 red onion, halved, thinly sliced  
250g cherry tomatoes, halved  
1 tablespoon wholegrain mustard  
2 tablespoons unsalted roasted peanuts  
½ cup chopped flat-leaf parsley  
8 multigrain tortillas  
Mixed salad, to serve

**1** Heat a large frying pan over moderate heat. Spray sausages with oil. Cook and turn the sausages for 5 minutes or until cooked. Transfer to a chopping board; cool slightly. Coarsely chop. Place sausage in a bowl.

**2** Spray onion with oil. Add to pan; cook and stir for 2 minutes

or until soft. Add tomato; cook and stir for 2 minutes. Transfer to bowl with sausage. Add mustard, peanuts and parsley to bowl; stir to combine.

**3** Wipe the pan clean and place over moderate heat. Spray each tortilla with oil and add to pan; cook, in batches, for 30 seconds each side or until heated. Serve sausage mixture with tortillas and salad.

## SHOPPING LIST REMINDER



Sara Lee Incredibly...  
Lava Puddings



# Rock'n roll

We've given this family fave even more flavour

**AS SEEN  
ON OUR  
COVER!**

## Lamb Sausage Rolls with Roasted Tomato Sauce

**SERVES** 6 (Makes 18) **PREP** 20 minutes **COOK** 20 minutes **NUTRITION** 2877kJ; 41g fat (17g sat); 33g protein; 44g carbohydrate; 7.5g fibre a serve **COST** \$3 a serve

1 zucchini, grated  
600g lamb mince  
1 onion, grated  
1 clove garlic, crushed  
2 teaspoons ground cumin  
¾ cup soft fresh breadcrumbs  
¼ cup finely chopped flat-leaf parsley  
1 egg, plus 1 egg extra, lightly whisked  
3 sheets frozen butter puff pastry, thawed  
1 tablespoon sesame seeds  
1 tablespoon fennel seeds

### Roasted Tomato Sauce (recipe, below), to serve

**1** Preheat oven to 200°C/180°C fan-forced. Grease and line 2 oven trays with baking paper. Using hands, squeeze excess liquid from zucchini. Place in a bowl. Add mince, onion, garlic, cumin, breadcrumbs, parsley and egg; mix well. Spoon into a piping bag fitted with a 2cm plain nozzle. Cut pastry sheets in half.

**2** To make 3 sausage rolls at a time, place a piece of pastry on a clean work surface. Pipe lamb mixture along short end. Roll up to enclose and form a log. Cut into 3 equal pieces. Place logs, seam-side down, on prepared tray. Brush tops with extra egg. Sprinkle with combined sesame seeds and fennel seeds.

**3** Bake for 20 minutes or until golden. Serve with Roasted Tomato Sauce.

## Roasted Tomato Sauce

**MAKES** 1½ cups **PREP** 10 minutes  
**COOK** 45 minutes

4 large tomatoes, cut into wedges  
1 onion, finely chopped  
2 tablespoons olive oil  
2 tablespoons balsamic vinegar  
2 cloves garlic  
½ cup tomato paste

**1** Preheat oven to 200°C/180°C fan-forced. Place tomato and onion in an ovenproof dish. Whisk oil, vinegar and garlic in a bowl; drizzle over tomato.

**2** Roast for 45 minutes or until tender. Transfer to a food processor. Add tomato paste; process until smooth.



RECIPE AMANDA LENNON PHOTOGRAPHY RODNEY MACUJA  
STYLING JANE COLLINS FOOD PREPARATION NADIA FONOFF



# “Social BUZZ”

Each month you upload it, we love it! Here, we put the digital into print and showcase what's trending



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The Spinach & Ricotta Dumplings as featured in our January 2016 issue (below) and Rachel's wonderful effort (right)



“ I MADE THE DELICIOUS SPINACH & RICOTTA DUMPLINGS FROM YOUR JANUARY ISSUE FOR A QUIET NEW YEAR'S CELEBRATION AT HOME. YUM! MY THREE-YEAR-OLD AND MY HUSBAND GOBBLED THEM UP! THANKS FOR SUCH QUALITY RECIPES EVERY MONTH.

**RACHEL MERZ**



**WELL DONE, RACHEL!** Rachel wins the ultimate entertaining pack of The Burbs melamine range by Dansk. Inspired by mid-century design, it combines bold patterns and is shatterproof, dishwasher safe and perfect for picnics, poolside parties and family events with the kids. RRP \$149.85. Find out more at [www.worldkitchen.com.au](http://www.worldkitchen.com.au). **POST YOUR PHOTOS ON OUR FACEBOOK SOCIAL BUZZ POST FOR THE OPPORTUNITY TO WIN A PRIZE**



## MANY THANKS

for posting the recipe for Coconut Ice Slice from the February 2014 issue, which I misplaced. I'm absolutely thrilled. Since I've been subscribing to **recipes+**, each month I'm anxiously awaiting the arrival of the next issue. Thanks so much for such wonderful recipes.

**CONNIE CUNNINGHAM**  
via Facebook



## Stay@home mum

**Jody Allen** shares her top recipe for saving money

I love being frugal - it means I can afford the things I want, faster! My top way of saving money around the house is to make my own washing powder. Commercial washing powder can cost upwards of 50c per wash, while my recipe costs about \$8 for an entire year! You will need: **1 box Lux Pure Soap Flakes, 50g bicarbonate of soda, 2 tablespoons eucalyptus oil or tea tree oil and 2 litres boiling water.** Mix vigorously, then allow to sit overnight. Place in a 25 litre container (with a good lid), then every day, add another 2 litres of boiling water, and "whip" well until the container is three-quarters full. To use, add 1 tablespoon of the jelly-like solution to your wash. Suitable for both front and top loaders.



# WIN!

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**Send your answer, name, address and phone number to [hampergiveaway@bauer-media.com.au](mailto:hampergiveaway@bauer-media.com.au)**

Terms and Conditions: Competition closes 11.59pm AEDT on Friday March 4, 2016. Open to Australian residents only, aged 18 years and over. One entry permitted per person. For full terms and conditions please visit [bauer-media.com.au/terms/competition-terms](http://bauer-media.com.au/terms/competition-terms). See [bauer-media.com.au](http://bauer-media.com.au) for location of Bauer Media's Privacy Notice. The promoter is Bauer Media Limited (ABN 18 053 273 546).

**VOTED  
PRODUCT  
OF  
THE YEAR**

Consumer Survey of  
Product Innovation  
**2016**

**OTHER 2016 PRODUCT OF THE YEAR WINNERS** - Nexcare Blister Waterproof Strips - Aldi Moser Roth Mousse Assortment - Aldi Specially Selected Desserts in Glass - Aldi Green Action Dishwashing Liquid - Aldi Logix Dishwashing Tablets - Aldi Power Force Household Wipes - Aldi Trimat Advanced Laundry Liquid Sensitive - Aldi Anco Concentrated Fabric Softener Soft Sensations - Aldi Atlas Enviroshield Fly Spray - Aldi Casa Barelli Italian Ristorante Flavoured Pizza Bases - Aldi Specially Selected Pasta Sauces - Aldi Berg Deli Ham Off the Bone - Aldi Deli originals Snack N Go - Breville The Quick Touch Crisp - Brown Brothers Grape Tree - Buderim Ginger Beer & Pear - Macabella Choc/macadamia Spread - Gravoxx Single Serve Gravy & Finishing Sauce - Coles New Flavour Grill Range - Coles Frozen Crumbed Fish - Coles Made Easy Slow Cooked Ready to Pull Meats - Coles Microwavable Soup Pouches - Neutrogena Hydro Boost Water Gel - Vitasoy Coconut Milk Unsweetened - Luv-A-Duck Slow Cooked Duck for You - Mater Nappies - McCain Roasts - Nature's Gift Certified Organic Petfood - Nescafe Blend 43 Smooth & Creamy - Voltaren Osteo Gel 12 Hourly - Platemate L&P Plates - Betadine Sore Throat Lozenges - Sunrice Brown Rice Chips - Sunrice Street Snack - Dove Original Deodorant Aerosol - Dove Hair Therapy Daily Moisture Shampoo & Conditioner - Fruttare Smoothie - Blue Ribbon Golden Gaytime Classic - Vaseline Intensive Care Spray Moisturiser - Dove Beauty Cream Bar - Woolworths Reduced Sugar Cereal - Macro Thai Style Carrot Dip - Free From Gluten Bread - Woolworths Gold Vintage Cheddar Cauliflower Cheese - Woolworths Gold Savoury Biscuits - Created with Jamie Bombay Chicken Meal Kit



# BUDGET MEAL PLANNER

## WEEK 2

All recipes in this week's planner are on the table in 30 minutes, feature nutrition counts and cost from just \$3 a serve

### MONDAY

#### Balsamic Tuna & Egg Noodles

**SERVES 4** **PREP** 20 minutes **COOK** 10 minutes **NUTRITION** 1993kJ; 31.5g fat (6g sat); 31g protein; 16g carbohydrate; 2.5g fibre a serve **COST** \$3 a serve

4 eggs, at room temperature  
3 x 85g packets 2-minute chicken noodles  
425g can tuna in oil, undrained  
80g baby spinach leaves, thickly shredded  
1 large carrot, cut into matchsticks  
1 red onion, halved, thinly sliced  
1 clove garlic, crushed  
2 tablespoons balsamic vinegar  
½ cup finely chopped flat-leaf parsley

**1** Place eggs in a saucepan; cover with water. Bring to the boil over moderate heat, gently stirring. Boil, without stirring, for 8 minutes. Drain. Refresh under cold water. Peel; cut into quarters.

**2** Meanwhile, place noodles in a large heatproof bowl. (Reserve flavour sachets for another use.) Cover noodles with boiling water; stand for 5 minutes or until soft. Drain. Using kitchen scissors, snip into shorter lengths. Place in a large bowl.

**3** Add undrained tuna, spinach, carrot, onion, garlic, vinegar and parsley to noodles. Season. Toss to combine. Spoon into serving bowls. Serve topped with egg.



### \*\*\*\*\* DINNERS FOR 4

**MONDAY** \$12.00  
Balsamic Tuna & Egg Noodles

**TUESDAY** \$14.00  
Lamb Bake with Beetroot Hummus

**WEDNESDAY** \$13.00  
Coriander Chicken with Lentils

**THURSDAY** \$13.00  
Salami, Ricotta & Pea Tart

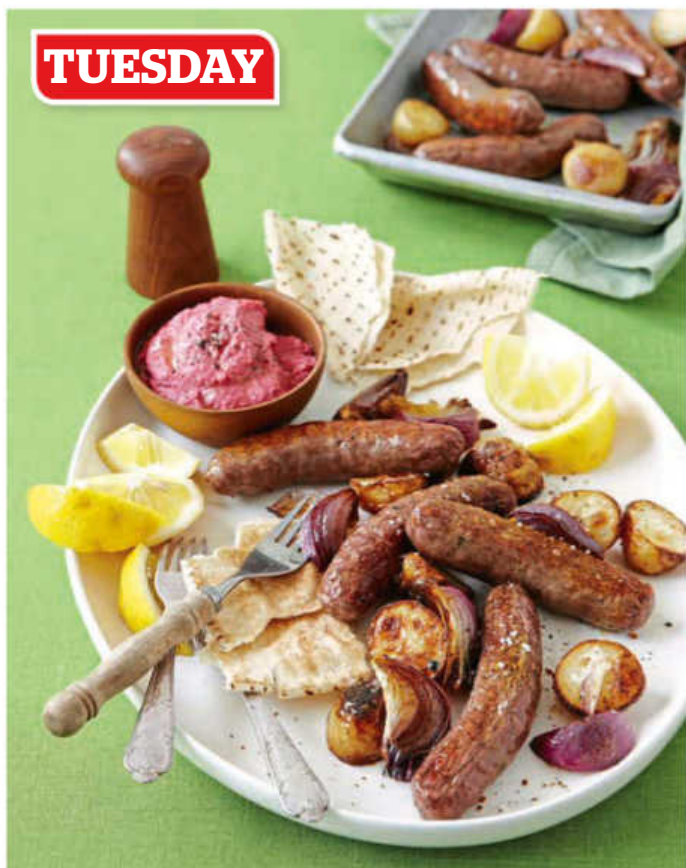
**FRIDAY** \$12.00  
Mexican Fried Rice

\*\*\*\*\*  
**TOTAL** \$64.00

\*\*\*\*\*  
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## TUESDAY



### Lamb Bake with Beetroot Hummus

**SERVES 4** **PREP** 5 minutes **COOK** 25 minutes **NUTRITION** 2582kJ; 26g fat (7.5g sat); 38g protein; 53g carbohydrate; 10g fibre a serve  
**COST** \$3.50 a serve

400g can chickpeas, rinsed  
 225g can sliced beetroot, drained  
 1½ tablespoons tahini  
 2 lemons, 1 juiced, 1 cut into wedges, to serve  
 1 clove garlic, crushed  
 2 tablespoons warm water  
 8 equal-sized chat (baby) potatoes  
 8 thin lean lamb sausages  
 2 red onions, each cut into 8 wedges  
 2 teaspoons vegetable or olive oil  
 2 tablespoons moroccan seasoning  
 2 pieces lebanese bread, cut in half, heated

**1** Preheat oven to 180°C/160°C fan-forced. To make beetroot hummus, process chickpeas, beetroot, tahini, lemon juice,

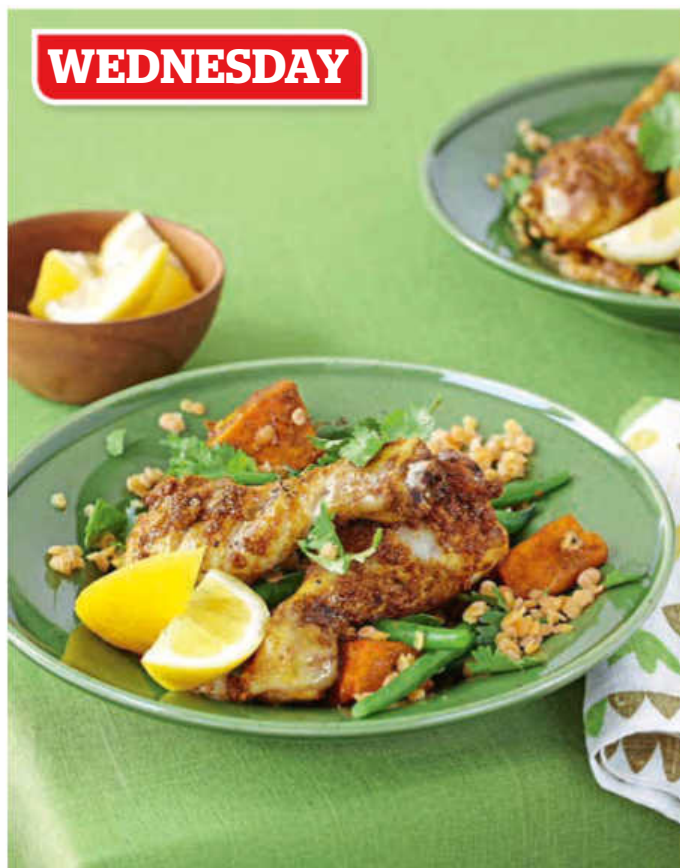
garlic and the warm water in a food processor until smooth. Season.

**2** Place the potatoes in a microwave-safe bowl. Cover with plastic food wrap. Microwave on High (100%) for 4 minutes or until partially cooked. Cool slightly. Cut potatoes in half.

**3** Combine potato, sausages, onion and oil in a roasting pan. Sprinkle with seasoning. Bake for 20 minutes or until sausages are cooked and potatoes are golden and tender.

**4** Serve the lamb bake with beetroot hummus, lemon wedges and bread.

## WEDNESDAY



### Coriander Chicken with Lentils

**SERVES 4** **PREP** 10 minutes **COOK** 20 minutes **NUTRITION** 1807kJ; 26g fat (6g sat); 33g protein; 13g carbohydrate; 7g fibre a serve  
**COST** \$3.25 a serve

8 chicken drumsticks, lightly scored  
 550g pumpkin, peeled, cut into 2cm pieces  
 2 tablespoons mild curry powder  
 2 tablespoons ground coriander  
 2 cloves garlic, crushed  
 2 tablespoons vegetable or olive oil  
 1½ cups dried red lentils  
 120g green beans, cut into 3cm pieces diagonally  
 ½ cup coarsely chopped coriander  
 Lemon wedges, to serve

**1** Preheat oven to 220°C/200°C fan-forced. Place chicken and pumpkin in a large roasting pan. Combine curry powder, ground coriander, garlic and oil in a bowl. Add

mixture to chicken and pumpkin. Season. Toss to combine. Bake for 20 minutes, turning occasionally, or until golden and cooked.

**2** Meanwhile, cook lentils in a saucepan of boiling water for 7 minutes or until tender but still holding their shape. Add beans during the final 3 minutes of cooking. Drain. Transfer to a bowl. Add chopped coriander. Season.

**3** Add cooked pumpkin to lentils in bowl; toss to combine. Spoon onto serving plates. Top with chicken. Serve with lemon wedges.



## THURSDAY



## Salami, Ricotta &amp; Pea Tart

**SERVES** 4 **PREP** 10 minutes **COOK** 20 minutes **NUTRITION** 2284kJ; 27g fat (12g sat); 31g protein; 42g carbohydrate; 4.5g fibre a serve **COST** \$3.25 a serve

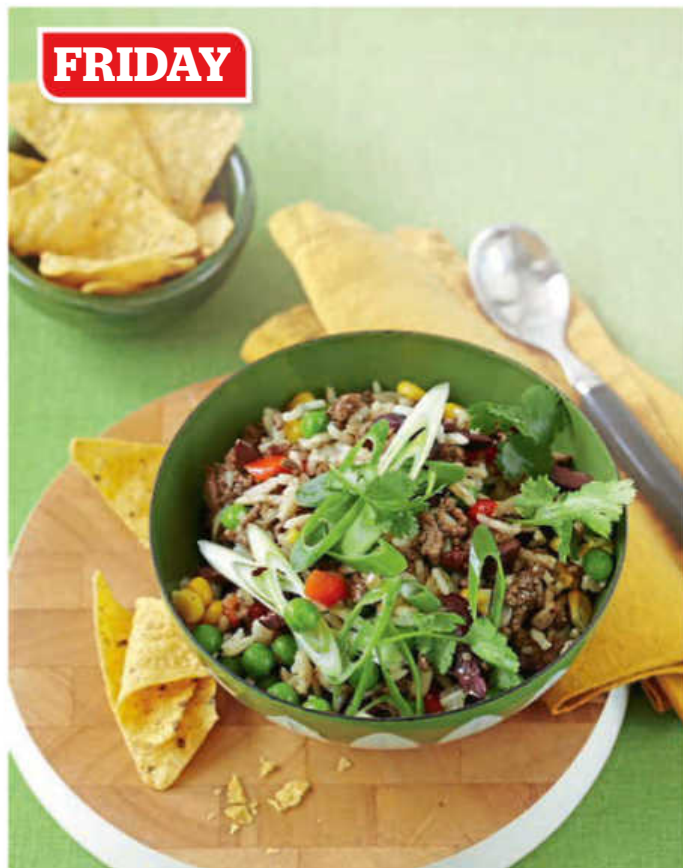
2 sheets frozen reduced-fat puff pastry, thawed  
 1½ cups frozen peas  
 1 egg, lightly whisked  
 300g fresh low-fat ricotta  
 100g shaved salami  
 ¼ cup shredded parmesan  
 2 tablespoons coarsely chopped flat-leaf parsley  
 1 tablespoon finely grated lemon zest  
 Mixed salad, to serve

**1** Preheat oven to 220°C/200°C fan-forced. Cut each pastry sheet in half to make 4 long rectangles. Using a small, sharp knife, mark a 1cm border on each pastry rectangle (don't cut through pastry). Place pastry on 2 baking trays. Bake for 5 minutes or until lightly coloured.

**2** Meanwhile, cook peas in a saucepan of boiling water for 5 minutes or until tender. Drain. Place in a bowl. Using the back of a fork, coarsely crush peas. Add egg and ricotta; stir until well combined.

**3** Spoon half the pea mixture inside the borders on pastry rectangles. Top with salami. Dollop with remaining pea mixture; sprinkle with parmesan. Bake for 15 minutes or until base of pastry is puffed and crisp. Sprinkle with parsley and lemon zest. Serve tarts with salad.

## FRIDAY



## Mexican Fried Rice

**SERVES** 4 **PREP** 15 minutes **COOK** 15 minutes **NUTRITION** 2455kJ; 25g fat (8g sat); 29g protein; 59g carbohydrate; 5.5g fibre a serve **COST** \$3 a serve

1 tablespoon vegetable or peanut oil  
 300g beef mince  
 35g sachet taco seasoning  
 450g packet microwave long-grain white rice  
 1½ cups frozen pea, capsicum & corn mix, thawed  
 ½ cup drained, sliced black olives  
 2 green onions, thinly sliced  
 ½ cup coarsely chopped coriander  
 ½ x 175g packet corn chips

**1** Heat oil in a large frying pan over moderate heat. Add mince; cook, stirring to break up lumps, for 5 minutes or until browned. Add seasoning; cook and stir for 2 minutes or until well combined.

**2** Add rice; cook and stir for 3 minutes or until well combined. Add vegetable mix; cook and stir for 2 minutes or until heated. Remove from heat. Add olives, half the onion and half the coriander. Season. Toss to combine.

**3** Spoon into shallow serving bowls. Top with remaining onion and coriander. Serve with corn chips.

## SHOPPING LIST REMINDER

Pearl River  
 Bridge  
 Superior Light  
 Soy Sauce





# Say cheese

Take the flavours of an Italian classic sweet and create this winning cheesecake

## Tiramisu Cheesecake

**SERVES** 8 **PREP** 20 minutes + 6 hours to chill + cooling **COOK** 5 minutes  
**NUTRITION** 2353kJ; 38g fat (23g sat); 9.5g protein; 49g carbohydrate; 0.5g fibre a serve **COST** \$2.50 a serve

1½ tablespoons instant espresso coffee  
 1½ tablespoons caster sugar,  
 plus ¾ cup extra  
 ½ cup boiling water, plus  
 2 tablespoons extra  
 250g sponge finger biscuits  
 (savoiardi)  
 2 teaspoons powdered gelatine  
 500g cream cheese, at room  
 temperature  
 1 teaspoon vanilla essence  
 300ml thickened cream  
 50g dark eating chocolate

**1** Invert base of a 20cm springform pan (for easy removal later), then grease and line base with baking paper. Combine coffee, sugar and the boiling water in a heatproof bowl; stir until dissolved. Cool for 10 minutes.

**2** Meanwhile, cut 2.5cm from one end of each biscuit. Dip cut biscuits, one by one, into coffee mixture until softened slightly. Line side of prepared pan with dipped biscuits, cut-side down. Line base of pan with remaining dipped biscuits and any offcuts.

**3** Sprinkle gelatine over the extra boiling water in a small heatproof jug. Stir until gelatine dissolves. Cool for 5 minutes. Using an electric mixer, beat cream cheese, extra sugar and essence until smooth. Beat cooled gelatine mixture into cream cheese mixture.

**4** Reserve 1 tablespoon of the cream in a small bowl. Using an electric mixer, beat remaining cream until soft peaks form. Fold whipped cream into cream cheese mixture until just combined. Spoon into prepared pan; level surface.

**5** Combine chocolate and reserved cream in a microwave-safe bowl. Microwave on High (100%) in 30-second bursts, stirring between bursts, until melted and smooth. Drizzle melted chocolate over cream cheese mixture. Use a skewer to marble chocolate through cream cheese mixture. Chill for 6 hours or until set.

**ADULTS ONLY**  
 For a stronger coffee flavour, add a little coffee liqueur to the cream cheese mixture. Serve with whipped cream or double cream, if you like





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# BUDGET MEAL PLANNER

## WEEK 3

All meals in this week's planner are on the table in 30 minutes or less, feature nutrition counts and cost from just \$3 a serve

### MONDAY

#### Salami Tortilla

**SERVES 4** **PREP** 10 minutes **COOK** 20 minutes **NUTRITION** 1828kJ; 26g fat (7g sat); 21g protein; 28g carbohydrate; 4g fibre a serve **COST** \$3.50 a serve

500g all-rounder potatoes, thinly sliced  
¼ cup water  
1 tablespoon vegetable or olive oil  
1 red onion, thinly sliced  
6 slices salami, thinly sliced  
1 red capsicum, thinly sliced  
6 eggs, at room temperature  
Cooking oil spray  
Tomato relish and mixed salad, to serve

**1** Arrange potato, overlapping slightly, in a shallow microwave-safe dish. Add the water. Microwave, covered, on High (100%) for 5 minutes or until tender. Stand for 1 minute. Drain excess water; set aside.

**2** Meanwhile, heat oil in a 24cm (top measurement) ovenproof frying pan over moderate heat. Add onion; cook and stir for 4 minutes or until golden. Add salami and capsicum; cook and stir for 4 minutes or until salami is crisp. Drain salami mixture on paper towel. Wipe pan clean.

**3** Whisk eggs in a bowl. Add potato and salami mixture. Season; stir until combined. Spray pan with oil. Add potato mixture to pan over moderately low heat, stirring to distribute evenly. Cook for 5 minutes or until egg is almost set.

**4** Preheat an oven-grill to high. Place frying pan under grill for 5 minutes or until tortilla is golden and puffed. To serve, cut tortilla into wedges. Serve with relish and salad.

### DINNERS FOR 4

**MONDAY** Salami Tortilla \$14.00

**TUESDAY** Sweet Potato & Rosemary Risotto \$12.00

**WEDNESDAY** Spiced Legumes with Sausage \$14.00

**THURSDAY** Zucchini Wrapped Fish \$14.00

**FRIDAY** Beef & Olive Tapenade Stacks \$14.00

**TOTAL** \$68.00

SAVING YOU MONEY @ THE CHECKOUT





**TUESDAY**



## Sweet Potato & Rosemary Risotto

**SERVES 4 PREP 10 minutes COOK 20 minutes NUTRITION**  
2669kJ; 37g fat (14g sat); 19g protein; 57g carbohydrate; 6g fibre  
a serve **COST \$3 a serve**

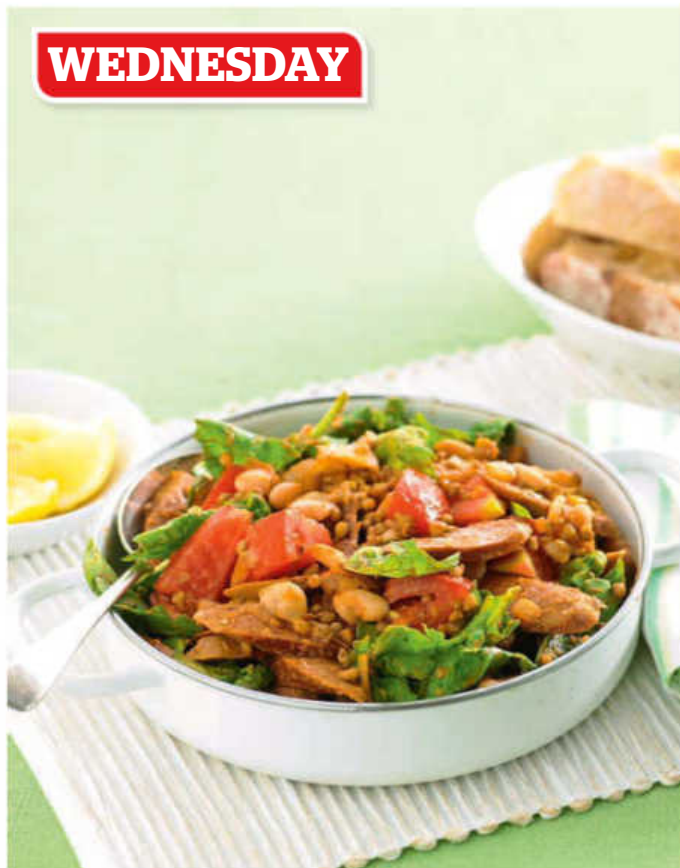
**700g orange sweet potato, peeled, cut into 1.5cm pieces**  
**2 tablespoons vegetable oil**  
**4 thin rashers streaky bacon**  
**1 cup boiling water**  
**1 large chicken stock cube**  
**40g butter**  
**1 onion, finely chopped**  
**2 cloves garlic, crushed**  
**2 teaspoons chopped rosemary**  
**425g packet microwave white rice**  
**½ cup finely grated parmesan, plus extra, to serve**  
**1 bunch rocket, leaves shredded**

**1** Preheat oven to 220°C/200°C fan-forced. Place sweet potato on an oven tray. Drizzle with half the oil; season. Bake for 15 minutes or until tender. Transfer to a heatproof plate. Place bacon on tray; bake for 5 minutes or until crisp. Cool slightly; coarsely chop.

**2** Meanwhile, whisk boiling water and crumbled stock cube in a heatproof jug. Heat butter and remaining oil in a large heavy-based saucepan over moderate heat. Add onion and garlic; cook and stir for 2 minutes or until soft. Add rosemary and rice; cook and stir for 1 minute or until grains are well coated. Gradually stir in the hot stock mixture, a ladleful at a time, stirring constantly until all liquid is absorbed. This will take about 10 minutes. Rice should be tender but still firm to the bite.

**3** Add sweet potato; cook and stir for 2 minutes. Add parmesan and rocket; stir to combine. Serve sprinkled with bacon and extra parmesan.

**WEDNESDAY**



## Spiced Legumes with Sausage

**SERVES 4 PREP 10 minutes COOK 20 minutes NUTRITION**  
2786kJ; 29g fat (8g sat); 45g protein; 53g carbohydrate; 15g fibre  
a serve **COST \$3.50 a serve**

**2 tablespoons vegetable or olive oil**  
**500g thin lamb sausages**  
**1 onion, finely chopped**  
**2 cloves garlic, crushed**  
**1 teaspoon ground cumin**  
**1 teaspoon mild paprika**  
**400g can brown lentils, rinsed**  
**400g can cannellini beans, rinsed**  
**2 tablespoons lemon juice**  
**2 large tomatoes, coarsely chopped**  
**75g baby spinach leaves**  
**Crusty bread rolls and lemon wedges, to serve**

**1** Heat half the oil in a large frying pan over moderately high heat. Add sausages to pan; cook and turn for 10 minutes or until cooked. Transfer to a cutting board; cool slightly. Thinly slice diagonally.

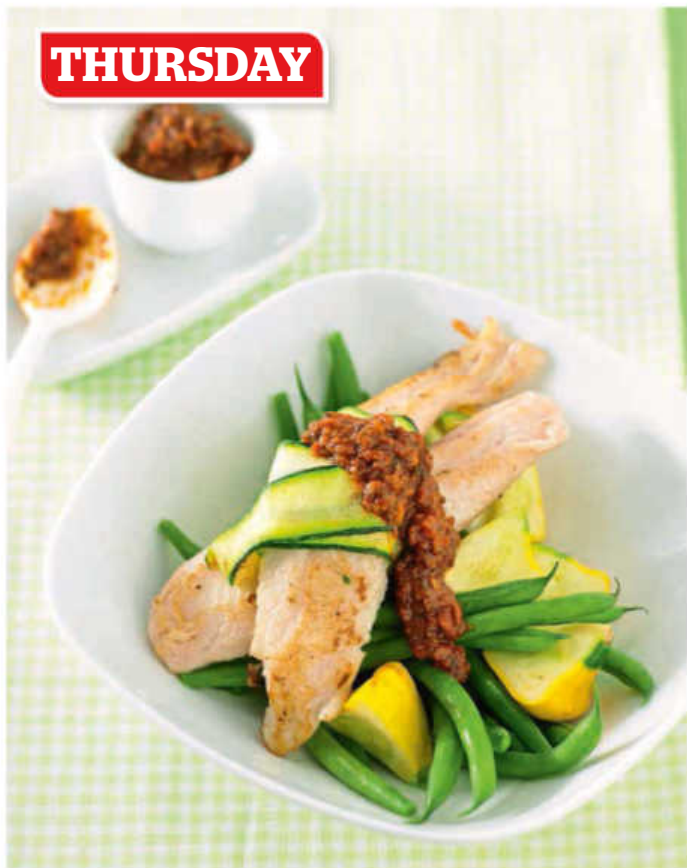
**2** Add onion to pan; cook and stir for 5 minutes or until soft. Add garlic, cumin and paprika; cook and stir for 1 minute or until fragrant. Transfer onion mixture to a large heatproof bowl; add lentils, cannellini beans, juice and remaining oil. Stir to combine. Season.

**3** Add sausage, tomato and spinach to lentil mixture; toss to combine. Spoon into shallow serving bowls. Serve with bread rolls and lemon wedges.

**HEALTH TIP**  
**Omit oil and spray sausages with cooking oil instead**



## THURSDAY



## Zucchini-wrapped Fish

**SERVES 4 PREP 15 minutes COOK 10 minutes NUTRITION 1932kJ;**  
31g fat (4g sat); 35g protein; 8g carbohydrate; 5g fibre a serve

**COST \$3.50 a serve**

**2 large zucchini**  
**4 x 150g firm white fish fillets,**  
**without skin**  
**2 teaspoons vegetable oil,**  
**plus ¼ cup extra**  
**½ cup sun-dried tomato strips**  
**in oil, drained**  
**¼ cup pine nuts, lightly toasted**  
**(optional)**  
**½ cup firmly packed**  
**basil leaves**  
**1 teaspoon finely grated**  
**lemon zest**  
**1 tablespoon warm water**  
**Steamed green beans and**  
**sliced pattypan squash,**  
**to serve**

**1** Using a vegetable peeler, peel zucchini into long, thin ribbons. Cut each piece of fish in half lengthwise. Wrap 2-3 slices of zucchini around centre of each piece of fish. Season.

**2** Heat the oil in a large frying pan over moderately high heat. Add fish; cook for 3 minutes each side or until cooked.

**3** To make sun-dried tomato pesto, process sun-dried tomato, pine nuts (if using), basil and zest until finely chopped. Add the extra oil; process until combined. Add the warm water; process until smooth.

**4** Place beans and squash on serving plates. Top with fish. Drizzle with pesto.

**BUDGET TIP**  
**You can use**  
**peanuts instead**  
**of pine nuts**

## FRIDAY



## Beef &amp; Olive Tapenade Stacks

**SERVES 4 PREP 15 minutes COOK 10 minutes NUTRITION 2274kJ;**  
31g fat (14g sat); 52g protein; 13g carbohydrate; 2g fibre

a serve **COST \$3.50 a serve**

**4 x 150g budget beef rump**  
**steaks, trimmed**  
**2 tablespoons bought olive**  
**tapenade**  
**4 slices bought roasted**  
**capsicum**  
**1 zucchini, thinly sliced**  
**diagonally**  
**8 slices swiss cheese**  
**1 tablespoon vegetable**  
**or olive oil**  
**Steamed baby (chat) potatoes**  
**and mixed salad, to serve**

**1** Preheat oven to 200°C/180°C fan-forced. Cut each steak in half horizontally.

**2** Place a piece of steak on a flat work surface. Spread with 2 teaspoons of the tapenade. Top with a piece of capsicum, a few zucchini slices, 2 cheese slices and another piece of

steak. Using unwaxed white kitchen string, tie stack to secure filling. Repeat to make 4 stacks.

**3** Heat a frying pan over high heat. Drizzle stacks with oil; season. Cook beef stacks for 2 minutes each side or until browned. Transfer beef stacks to a large oven tray. Bake for 6 minutes for medium or until cooked to your liking. Serve with potato and salad.

SHOPPING LIST  
REMINDER

Ballantyne Pure  
Creamery spreads



# Takes the cake

Make the most of plum season and bake this treat for afternoon tea

## Upside-down Plum Cake

**SERVES** 10 **PREP** 20 minutes + cooling

**COOK** 1 hour **NUTRITION** 1787kJ; 23g fat (13g sat); 7g protein; 48g carbohydrate; 3g fibre a serve **COST** \$1.60 a serve

**+DIY IDEAS** To make a vanilla-flavoured cake, replace juice with milk and swap zest for 1 teaspoon of vanilla essence. + You can use a 1kg tub of drained plums instead of fresh.

12 ripe red-fleshed plums, halved, stones removed

200g butter, at room temperature

2 teaspoons finely grated orange zest

1 cup caster sugar

3 eggs, at room temperature

1½ cups self-raising flour

½ cup freshly squeezed orange juice

⅓ cup unsalted pistachios, toasted, chopped

Vanilla ice-cream, to serve

**1** Preheat oven to 170°C/150°C fan-forced. Grease and line a 20cm (base measurement) round cake pan with baking paper. Arrange plums, cut-side up, over base of prepared pan.

**2** Using an electric mixer, beat butter, zest and sugar until light and creamy. Add eggs, one by one, beating well after each addition. Alternately fold in flour and juice. Spoon mixture into prepared pan; level surface.

**3** Bake for 1 hour or until a skewer inserted at centre comes out clean. Cool in pan for 10 minutes. Turn out, plum-side up, onto a wire rack. Sprinkle with pistachios. Serve with ice-cream.



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# recipes+ April

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VEGETARIAN**  
Mixed Tomato  
& Fetta Risotto



## Cooking school

- New twists with mince • Make your own spice mixes • Vegetable cakes
- Baking in teacups • Southern fried chicken secrets • Marbled treats
- Make your own crumpets • Gluten-free desserts • 10 ways with fudge

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# BUDGET MEAL PLANNER

## WEEK 4

All recipes in this week's planner are on the table in 30 minutes or less, feature nutrition counts and cost from just \$3 a serve

### \*\*\*\*\* DINNERS FOR 4 \*\*\*\*\*

**MONDAY** \$13.60  
Sweet Chilli Beef Wraps

**TUESDAY** \$12.00  
Spinach & Cheese Frittatas

**WEDNESDAY** \$13.80  
Chicken Patties with Noodle Salad

**THURSDAY** \$13.00  
Lebanese Tuna Salad

**FRIDAY** \$14.00  
Paprika Chicken

\*\*\*\*\*  
**TOTAL** \$66.40  
\*\*\*\*\*

SAVING YOU MONEY @ THE CHECKOUT

### MONDAY

#### Sweet Chilli Beef Wraps

**SERVES** 4 **PREP** 10 minutes **COOK** 10 minutes **NUTRITION** 2708kJ; 43.5g fat (17g sat); 25g protein; 36g carbohydrate; 7g fibre a serve **COST** \$3.40 a serve

- 2 teaspoons vegetable or peanut oil
- 8 thin lean beef sausages
- ½ cup bought low-fat mayonnaise
- 2 tablespoons sweet chilli sauce
- 2 green onions, finely chopped
- 1 tablespoon water
- 8 flour tortillas, heated
- 8 iceberg lettuce leaves, torn
- 1 carrot, cut into matchsticks
- 1 lebanese cucumber, cut into matchsticks
- 2 cups bean sprouts

**1** Heat oil in a frying pan over moderately high heat. Cook and turn sausages for 8 minutes or until browned and cooked.

**2** Whisk mayonnaise, sweet chilli sauce, onion and the water in a bowl.

**3** Top tortillas with lettuce, carrot, cucumber, sprouts and a sausage. Drizzle with mayonnaise sauce. Wrap to enclose. Cut in half.





**TUESDAY**



## Spinach & Cheese Frittatas

**SERVES 4** **PREP** 10 minutes **COOK** 20 minutes **NUTRITION** 1581kJ; 24g fat (12g sat); 37g protein; 4g carbohydrate; 1g fibre a serve  
**COST** \$3 a serve

1 tablespoon vegetable  
or olive oil  
 150g baby spinach leaves  
 400g fresh reduced-fat ricotta  
 100g reduced-fat fetta,  
crumbled  
 ½ cup freshly grated parmesan  
 8 eggs, lightly whisked  
 4 green onions, thinly sliced  
 1 teaspoon dried oregano  
leaves  
 Baby rocket leaves, to serve

Coarsely chop spinach.  
Transfer to a large bowl.

**2** Add ricotta, fetta, parmesan, egg, onion and oregano to spinach. Stir to combine. Season. Spoon into prepared holes.

**3** Bake for 15 minutes or until golden and just set at the centre. Cool in tray for 5 minutes. Serve with rocket.

**1** Preheat oven to 180°C/160°C fan-forced. Using a little of the oil, grease a 12-hole (½-cup) muffin tray. Heat remaining oil in a large frying pan over moderately high heat. Add spinach; cook and stir for 2 minutes or until wilted and almost dry. Cool slightly. When cool enough to handle, squeeze excess liquid from spinach.

**COOKING TIP**  
 We used silicone muffin trays for easy removal

**WEDNESDAY**



## Chicken Patties with Noodle Salad

**SERVES 4** **PREP** 10 minutes **COOK** 20 minutes **NUTRITION** 1513kJ; 15g fat (4g sat); 28g protein; 27g carbohydrate; 3g fibre a serve  
**COST** \$3.45 a serve

500g chicken mince  
 ½ cup finely chopped coriander  
 2 green onions, thinly sliced  
 ½ cup dried packaged breadcrumbs  
 2 tablespoons red curry paste  
 2 teaspoons vegetable or peanut oil  
 200g dried rice vermicelli noodles  
 150g green beans, halved diagonally  
 1 carrot, cut into matchsticks  
 ¼ cup sweet chilli sauce  
 1 tablespoon water  
 2 teaspoons lemon juice

heat. Cook patties, in batches, for 8 minutes, turning every 1 minute or until browned and cooked. Transfer to a heatproof plate. Cover with foil to keep warm.

**2** Meanwhile, place noodles and beans in boiling water in a heatproof bowl for 5 minutes or until noodles soften. Stir to separate strands. Drain. Refresh under cold water. Drain. Transfer to a bowl. Add carrot and remaining coriander to noodles; toss to combine.

**3** Whisk chilli sauce, the water and juice in a jug. Season. Pour half the dressing over noodle salad; toss to combine. Spoon noodles into serving bowls. Top with chicken patties. Serve with remaining dressing.

**1** Combine mince, 1 tablespoon of the coriander, the onion, breadcrumbs and curry paste in a bowl. Season. Shape mixture into 8 patties. Heat oil in a frying pan over moderate



## THURSDAY



## Lebanese Tuna Salad

**SERVES** 4 **PREP** 15 minutes **COOK** 10 minutes **NUTRITION** 1822kJ; 22g fat (3g sat); 31g protein; 25g carbohydrate; 8g fibre a serve

**COST** \$3.25 a serve

**1** lemon, zest finely grated, juiced, plus extra wedges, to serve

**28cm round wholemeal lebanese bread**

**1½ tablespoons vegetable or olive oil**

**425g can tuna in oil, drained, flaked**

**400g can chickpeas, rinsed**

**250g cherry tomatoes, halved**

**1 telegraph (continental)**

**cucumber, halved**

**lengthwise, chopped**

**½ small red onion, thinly sliced**

**½ cup chopped mint**

**½ cup chopped flat-leaf parsley**

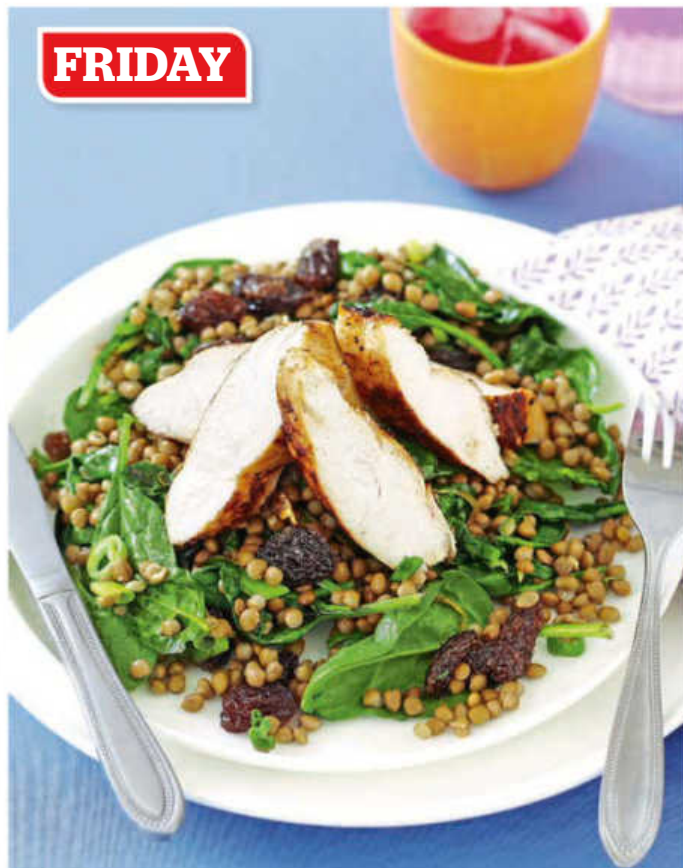
Place bread on a baking tray. Bake for 5 minutes each side or until golden and crisp. Set aside to cool.

**2** Combine tuna, chickpeas, tomato, cucumber, onion, mint, parsley and zest in a large bowl. Add remaining oil to juice in jug; whisk to combine. Season. Pour over salad; toss to combine.

**3** Tear toasted bread into pieces. Add to salad; toss to combine. Divide among serving bowls. Serve immediately with lemon wedges.

**1** Preheat oven to 180°C/160°C fan-forced. Place lemon juice in a jug; set aside. Brush both sides of bread with a little of the oil.

## FRIDAY



## Paprika Chicken

**SERVES** 4 **PREP** 10 minutes **COOK** 15 minutes **NUTRITION** 1354kJ; 10g fat (2g sat); 37g protein; 19g carbohydrate; 4.5g fibre a serve

**COST** \$3.50 a serve

**1** lemon, zest finely grated, juiced

**1 teaspoon sweet paprika**

**½ teaspoon dried oregano**

**2 large (550g) chicken breast fillets, halved horizontally**

**1½ tablespoons vegetable or olive oil**

**3 green onions, chopped**

**½ cup raisins**

**400g can brown lentils, rinsed**

**150g baby spinach leaves**

**1** Place juice, paprika and oregano in a bowl. Season. Add chicken; toss to coat.

**2** Heat 1 tablespoon of the oil in a frying pan over moderately high heat. Add chicken; cook for 4 minutes each side or until browned and cooked. Transfer to a heatproof plate. Cover to keep warm. Wipe pan clean.

**3** Add remaining oil to pan over moderate heat. Add the onion; cook and stir for 3 minutes or until softened. Add raisins and lentils; cook and stir for 1 minute or until heated. Add zest and spinach; cook and stir for 2 minutes or until spinach wilts. Spoon onto serving plates. Serve topped with sliced chicken.

## SHOPPING LIST REMINDER



Nuttelex made with Coconut oil



# The crepe escape

Spice up your day with this luxurious, budget-friendly dessert



## Crepes with Spiced Yoghurt

**SERVES** 4 **PREP** 15 minutes **COOK** 5 minutes **NUTRITION** 1921kJ; 15g fat (6g sat); 13g protein; 68g carbohydrate; 2.5g fibre a serve  
**COST** \$3 a serve + **MAKE AHEAD** Prepare yoghurt mixture up to 3 days ahead. Store, covered, in the fridge.

400g packet (8) frozen crepes  
375g greek-style vanilla yoghurt  
2 tablespoons honey, plus extra, to serve  
½ teaspoon ground cinnamon  
¼ teaspoon ground allspice  
25g butter  
500g strawberries, halved  
2 tablespoons flaked almonds, toasted

**1** Heat crepes as packet directs.

**2** Meanwhile, place yoghurt, honey, cinnamon and allspice in a bowl; stir to combine. Heat butter in a frying pan over moderate heat. Add strawberries; cook for 4 minutes or until heated.

**3** Place crepes on serving plates. Top each with strawberry mixture. Drizzle with yoghurt mixture. Fold in half. Drizzle with extra honey. Serve the crepes sprinkled with almonds.





## MEET ME AT THE SHOPS



## TASTE OF THE SWEET LIFE!

I simply fell apart when Billington's range of unrefined sugars arrived in a charming woven basket at the **recipes+** office. Available from most major supermarkets in five stunning sugars, the range varies greatly in texture, smell and flavour. The Golden Caster Sugar, which is light in colour, is awesome in muffins, while the Dark Muscovado is rich and deep and ideal for a fruit cake. The Molasses is super sticky and would be a taste sensation in a barbecue sauce, while the Demerara, which is known for its beautiful crystals, is a definite must sprinkled over an apple tea cake. My favourite, though, is the Light Muscovado – it's soft like sand and ideal in a toffee sauce like this...

### Orange & Cinnamon Butterscotch Sauce

**+100g butter, chopped + 1 cup firmly packed Billington's Light Muscovado Sugar + 300ml cream + 1 cinnamon stick + 2 teaspoons finely grated orange zest** Melt the butter in a heavy-based saucepan over low heat. Add sugar; cook and stir for 3 minutes or until sugar dissolves. Stir in the cream. Add the cinnamon stick. Increase heat. Bring to the boil. Boil for 5 minutes or until sauce thickens. Remove from heat. Stir in zest. Remove cinnamon stick before serving.

# MARCH SHOPPING BASKET

Cruising the supermarket aisles is fun...  
check out these great finds



### SIMPLY INCREDIBLE SARA LEE

The new Sara Lee Incredibly... range is incredibly easy to justify, making the world of everyday just that little bit yummier, with new "gooey" lava puddings, "crunchy" cheesecakes and "creamy" dessert ice-creams. Check out [facebook.com/saraleeaustralia](http://facebook.com/saraleeaustralia)



### NEW PALM OIL-FREE ALTERNATIVE

Nuttex made with Coconut Oil is now in Coles supermarkets. This great-tasting spread contains no dairy, gluten or animal ingredients – and 5 cents from every tub goes to Orangutan Foundation International Australia to buy back forest habitat in Borneo.



### MAXWELL & WILLIAMS

Give your favourite dish the delicate presentation that it deserves with Maxwell & Williams' Cashmere Midnight Rain dinnerware range. Take a fresh look at classic style with the striking black raindrop pattern against white fine bone china, perfect for all occasions. For more information, see [maxwellandwilliams.com.au](http://maxwellandwilliams.com.au)

### SUPERIOR LIGHT SOY SAUCE

Pearl River Bridge Superior Light Soy Sauce, available at Coles, is so versatile! Use it as a dipping sauce with your favourite Asian snacks, or add it to stir-fries and marinades for an extra flavour infusion. To find out more about the Pearl River Bridge range of sauces, call (03) 9489 4544.



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Ballantyne has helped families make special occasions better since 1929. So make everyday moments brilliant with Ballantyne's premium dairy range. Ballantyne is family owned and 100 per cent Australian made. Visit [ballantyne.com.au](http://ballantyne.com.au)



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# Gluten-free flours

Stock the pantry with an array of flours so you can make delicious baked goods like these



## Cacao, Hazelnut & Banana Bread

**SERVES** 10 **PREP** 15 minutes **COOK** 40 minutes + cooling **NUTRITION** 955kJ; 11g fat (2g sat); 5g protein; 26g carbohydrate; 3g fibre a serve **COST** \$1.95 a serve

Light olive oil, to grease  
125g reduced-fat dairy spread,  
plus extra, to serve  
 $\frac{1}{2}$  cup lightly packed brown sugar  
1½ tablespoons granulated stevia-based  
sweetener  
3 eggs, lightly whisked  
1 cup mashed ripe banana  
1 cup hazelnut meal (ground hazelnuts)  
 $\frac{1}{2}$  cup brown rice flour  
 $\frac{1}{2}$  cup tapioca flour  
 $\frac{1}{4}$  cup cacao powder, sifted

$\frac{3}{4}$  teaspoons gluten-free baking powder  
1½ tablespoons psyllium husks  
 $\frac{1}{4}$  cup milk

**1** Preheat oven to 180°C/160°C fan-forced. Grease a 21cm x 10cm (base measurement) loaf pan with oil. Line base and two long sides with baking paper, extending paper for handles.

**2** Using an electric mixer, beat dairy spread, sugar and sweetener in a bowl

until pale. Gradually beat in eggs and banana. Stir in hazelnut meal. Sift flours, cacao powder and baking powder over top; fold into mixture with psyllium husks and milk until combined.

**3** Pour mixture into prepared pan; level surface. Bake for 40 minutes or until a skewer inserted at centre comes out clean. Stand in pan for 5 minutes, then transfer to a wire rack to cool. Slice. Serve with extra spread.



## GLUTEN-FREE BAKING

**+CHECK LABELS** Read all product labels to ensure all ingredients are gluten-free. Australian-made products have to state on the nutrition panel if they contain gluten.

**+BESAN FLOUR** (also called gram flour or chickpea flour) is made from ground chickpeas and used extensively in Indian cookery.

**+TAPIOCA FLOUR** (also known as tapioca starch or arrowroot) is a starchy white flour that helps add structure to baked gluten-free goods. It has a slightly sweet taste.

**+BROWN RICE FLOUR** is made from ground brown rice and adds a slightly nutty flavour to gluten-free baked goods.

**+XANTHAN GUM** helps to give structure to buns; however, too much can make them heavy. You can use guar gum instead, if you prefer.

## TOP TIPS

**Hot cross buns are best eaten on day of baking. The bun mixture can be made and kept in the fridge for up to a day until ready to spoon into pans**



**BUDGET  
WINNER  
\$1  
EACH**

## Gluten-free Hot Cross Buns

**MAKES** 24 **PREP** 20 minutes + 10 minutes to stand + 1 hour 30 minutes to prove **COOK** 20 minutes **NUTRITION** 740kJ; 3g fat (1g sat); 4g protein; 33g carbohydrate; 1.5g fibre each

**Light olive oil, to grease**

**1¼ cups milk**

**½ cup caster sugar**

**1 cup sultanas**

**2 x 7g (2 teaspoons) sachets  
dried yeast**

**2 cups brown rice flour, plus  
½ cup extra**

**1 cup besan (chickpea) flour**

**1 cup tapioca flour**

**1 teaspoon xanthan gum**

**2 teaspoons ground cinnamon**

**1 teaspoon mixed spice**

**½ cup lukewarm water, plus extra,  
for paste**

**100g reduced-fat dairy spread, melted**

**2 eggs, lightly whisked**

**1 tablespoon ginger marmalade, warmed**

**1** Grease 2 x 12-hole (½-cup) muffin trays with oil. Combine milk and sugar in a saucepan; cook and stir over moderate heat for 3 minutes or until mixture is

lukewarm (do not boil). Stir in sultanas and yeast. Stand for 10 minutes or until frothy.

**2** Sift brown rice flour, besan flour, tapioca flour, xanthan gum, cinnamon and mixed spice into a large bowl. Stir in milk mixture, lukewarm water, dairy spread and eggs; mix well. Divide mixture among prepared holes. Using a damp finger, smooth tops. Cover with a clean tea towel; stand in a warm place for 1½ hours or until well risen.

**3** Meanwhile, preheat oven to 200°C/180°C fan-forced. Place extra brown rice flour into a small bowl. Gradually stir in enough of the extra water to make a thick paste. Spoon paste into a small resealable food storage bag. Snip one small corner from bag. Pipe crosses on buns. Bake for 15 minutes or until buns are golden and sound hollow when lightly tapped.

**4** Serve buns hot brushed with marmalade.



# Inside job

Fill in-season vegies with an array of delicious ingredients to help make them shine

## Ratatouille Zucchini Melts

**SERVES** 4 **PREP** 20 minutes

**COOK** 40 minutes **NUTRITION**

1745kJ; 32g fat (15g sat); 29g protein;

4g carbohydrate; 2.5g fibre a serve

**COST** \$3.50 a serve

4 zucchini, halved lengthwise  
2 tablespoons vegetable or olive oil  
1 red capsicum, chopped  
1 onion, finely chopped  
3 cups passata (italian tomato cooking sauce)  
2 teaspoons thyme leaves  
1 clove garlic, crushed  
2 tablespoons halved, pitted kalamata olives  
1½ cups grated four-cheese mix

**1** Preheat oven to 180°C/160°C fan-forced. Lightly grease a large shallow oven dish.

**2** Using a teaspoon, scoop out seeds along zucchini centres to form 1cm-thick shells. Place zucchini in prepared dish; drizzle with half the oil. Season. Cover with foil; bake for 30 minutes.

**3** Meanwhile, heat remaining oil in a large frying pan over moderate heat. Add capsicum and onion; cook and stir for 4 minutes or until onion is soft. Stir in passata, thyme and garlic; simmer for 2 minutes. Stir in olives; season.

**4** Fill zucchini with vegetable mixture. Sprinkle with cheese. Bake for 8 minutes or until golden.







## Fetta-stuffed Mushrooms

**SERVES 4** **PREP** 10 minutes **COOK** 20 minutes **NUTRITION** 1373kJ; 15g fat (6g sat); 27g protein; 16g carbohydrate; 10g fibre a serve **COST** \$3 a serve

8 large flat mushrooms, peeled, stalks removed  
400g can four bean mix, rinsed  
280g jar char-grilled antipasto-style vegetables, drained, chopped  
3 green onions, thinly sliced  
½ cup chopped flat-leaf parsley  
2 teaspoons finely grated lemon zest  
100g reduced-fat feta, crumbled  
¾ cup reduced-fat grated colby cheese  
Mixed salad, to serve

**1** Preheat oven to 220°C/200°C fan-forced. Place mushrooms, cup-side up, on an oven tray. Combine bean mix, vegetables, onion, parsley, zest, feta and half the colby cheese in a large bowl.

**2** Divide the bean mixture among mushrooms. Top with remaining cheese. Bake for 20 minutes or until mushrooms are tender and cheese melts. Serve mushrooms with salad.



## Lentil & Almond Stuffed Tomatoes

**SERVES 4** **PREP** 15 minutes **COOK** 20 minutes **NUTRITION** 2360kJ; 28g fat (8g sat); 28g protein; 41g carbohydrate; 14g fibre a serve **COST** \$3.45 a serve

8 medium vine-ripened tomatoes  
2 x 400g cans brown lentils, rinsed  
½ cup soft fresh breadcrumbs  
½ cup slivered almonds, toasted  
½ cup dried pitted dates, finely chopped  
1 small red onion, finely chopped  
150g feta, crumbled  
2 teaspoons finely grated lemon zest  
2 tablespoons vegetable or olive oil  
1 cup low-fat greek-style natural yoghurt  
¼ cup finely chopped flat-leaf parsley  
1 tablespoon lemon juice  
2 cloves garlic, crushed  
Pinch of smoked paprika

**1** Preheat oven to 200°C/180°C fan-forced. Cut tops from tomatoes; reserve for lids. Using a teaspoon, scoop flesh from tomatoes, leaving a 1cm-thick shell. Place tomato shells on an oven tray.

**2** Combine lentils, breadcrumbs, almonds, dates, onion, feta, zest and half the oil in a bowl. Season. Spoon lentil mixture into tomato shells. Replace lids; drizzle with remaining oil. Bake for 20 minutes or until tender.

**3** Whisk yoghurt, parsley, juice and garlic in a bowl. Spoon into a serving bowl. Sprinkle with paprika. Serve tomatoes with yoghurt sauce.



## Stuffed Eggplant Rolls

**SERVES** 8 **PREP** 20 minutes **COOK** 15 minutes **NUTRITION** 1702kJ; 22.5g fat (7g sat); 19g protein; 28g carbohydrate; 8g fibre a serve

2 large eggplants  
Cooking oil spray  
500g fresh low-fat ricotta  
160g fetta, crumbled  
2 tablespoons lemon thyme leaves  
2 cloves garlic, crushed  
1½ cups pitted green olives  
1 red capsicum, finely chopped  
60g baby rocket leaves, torn  
¼ cup white wine vinegar  
2 tablespoons vegetable or olive oil  
8 slices sourdough bread

**1** Slice each eggplant lengthwise into 5mm slices (you need 16 slices in total). Spray with oil. Heat a char-grill pan to moderately high; cook eggplant slices, in batches, for 2 minutes each side or until charred and tender.

**2** Meanwhile, combine ricotta, fetta, lemon thyme and garlic in a bowl. Season. Place 2 tablespoons of ricotta mixture at one short end of an eggplant slice; roll to enclose. Repeat with remaining eggplant and ricotta mixture to make 16 rolls.

**3** Combine olives, capsicum and rocket in a bowl. Whisk vinegar and oil in a bowl. Add to rocket mixture. Toss to combine. Serve rolls with olive salsa and sourdough.

### TIPS & TRICKS

**+ CHOOSE IT** Use equal-sized produce for even cooking times.

**+ SCOOP IT** Use a spoon with a sharp edge to remove vegetable flesh, creating an even shell to fill.

**+ FILL IT** For best results, don't fill vegetables until just before cooking. To save time, prepare fillings ahead of time; store separately in the fridge until ready to cook.

BUDGET  
WINNER  
**\$2.95**  
A SERVE





EST. 1971  
**Sara Lee**  
— LINCOLN NEW —

I'll *try* the **NEW**

# CRUNCHY

MANGO AND COCONUT  
CHEESECAKE

BECAUSE I'M NOT READING  
THIS  
MAGAZINE

IN A DENTIST'S  
WAITING ROOM



*Incredibly* EASY TO JUSTIFY





# Sweet hits

These ultimate chocolate recipes are just the Easter treats you need



**DIY TIP**  
Use walnuts and  
pecans instead of  
almonds and peanuts



## Chocolate Bark

**MAKES** 12 pieces **PREP** 15 minutes  
+ 15 minutes to chill **COOK** 10 minutes  
**COST** 80¢ a piece **+ MAKE AHEAD** Bark  
will keep in an airtight container in a cool  
place for up to 2 weeks.

**½ cup blanched almonds,**  
coarsely chopped  
**½ cup unsalted peanuts,**  
coarsely chopped  
**200g milk eating chocolate, chopped**  
**¼ cup sweetened dried cranberries,**  
coarsely chopped

**1** Preheat oven to 180°C/160°C fan-forced.  
Line 2 oven trays with baking paper. Spread  
nuts evenly over 1 prepared tray. Bake for  
5 minutes or until golden. Set aside.

**2** Place chocolate in a heatproof bowl over  
a saucepan of simmering water (don't let  
base of bowl touch the water). Cook and stir  
for 2 minutes or until melted and smooth.  
Add nuts; stir to combine.

**3** Pour chocolate mixture over remaining  
prepared tray. Spread to a 24cm x 18cm  
rectangle. Sprinkle top evenly with  
cranberries. Chill for 15 minutes or until set.  
Break chocolate into 12 pieces.

## CHOCOLATE TIPS & TRICKS

**+BUYING** Eating chocolate has more  
sugar than cooking chocolate.

**+STORING** Keep chocolate in a cool,  
dark place - not in the fridge.

**+MELTING** Chocolate can also be  
melted in the microwave. Place in  
a microwave-safe bowl, then  
microwave on High (100%) in  
30-second bursts, stirring between  
bursts, until melted and smooth.



**MAKE AHEAD** You can bake the blondie  
up to 3 days ahead. Store in an airtight  
container at room temperature

## Coconut Blondies

**SERVES** 12 **PREP** 15 minutes **COOK** 45 minutes + cooling **COST** 50¢ each

**125g butter, chopped**  
**200g white cooking chocolate, chopped**  
**1½ cups caster sugar**  
**1 teaspoon vanilla essence**  
**4 eggs, lightly whisked**  
**1½ cups plain flour**  
**½ teaspoon baking powder**  
**½ cup shredded coconut**  
**Icing sugar, to dust**

**1** Preheat oven to 160°C/140°C fan-forced.  
Grease and line a 26cm x 16cm (base  
measurement) slice pan with baking paper,  
extending paper at long sides for handles.

**2** Combine the butter and chocolate  
in a saucepan over low heat. Cook and stir  
for 2 minutes or until smooth. Remove from  
heat. Stir in sugar and essence. Add egg;  
mix well. Sift flour and baking powder over  
chocolate mixture. Add coconut; stir  
until well combined.

**3** Pour into prepared pan; level surface.  
Bake for 40 minutes or until a skewer  
inserted at centre comes out clean, covering  
with foil halfway through cooking if the  
blondie is browning too quickly. Cool in  
pan. Cut into squares. Dust with icing sugar.



## TRAVEL TIP

Chill in small jars with lids  
to take on a picnic

### Cookies & Cream

**SERVES** 6 **PREP** 15 minutes + 1 hour  
to chill **COOK** 5 minutes

**COST** \$2.10 a serve

**½ cup cream, plus ½ cup extra**  
**100g white cooking chocolate,**  
**chopped**  
**125g cream cheese, at room**  
**temperature**  
**2 tablespoons icing sugar**  
**1 teaspoon vanilla essence**  
**150g packet cream-filled chocolate**  
**cookies, chopped**

**1** Combine cream and the chocolate in a saucepan over low heat. Cook and stir for 2 minutes or until chocolate is melted and smooth. Set aside for 5 minutes.

**2** Using an electric mixer, beat cream cheese, sugar, essence and chocolate mixture until smooth. Transfer to a heatproof bowl. Stand for 5 minutes. Beat extra cream until soft peaks form; fold into cream cheese mixture with three-quarters of the cookies.

**3** Spoon into 6 x ¾-cup serving glasses. Sprinkle with remaining cookies. Chill for 1 hour or until firm.







**BUDGET  
WINNER  
35¢  
EACH**

## Choc Peanut Butter Bars

**MAKES** 28 **PREP** 30 minutes + 1 hour  
to chill **COOK** 10 minutes

**1 cup smooth peanut butter**  
**125g butter, chopped**  
**2 cups icing sugar**  
**1 cup crushed nuts,**  
**plus 2 tablespoons extra**  
**100g white eating chocolate, chopped**  
**100g dark eating chocolate, chopped**

**1** Place peanut butter and butter in a saucepan over low heat; cook and stir for 3 minutes or until melted and smooth. Transfer to a heatproof bowl. Sift icing sugar over peanut butter mixture; stir to combine. Stir in nuts. Cover with plastic food wrap; chill for 15 minutes or until firm.

**2** Line 2 oven trays with baking paper. Shape level tablespoons of peanut mixture into 28 x 3cm x 2cm rectangles to make bars. Place on prepared trays; chill for 15 minutes or until firm.

**3** Melt white chocolate in a heatproof bowl over a saucepan of simmering water (don't let base of bowl touch the water). Dip 14 bars halfway into melted white chocolate. Return to tray. Melt dark chocolate in a heatproof bowl over a saucepan of simmering water (don't let base of bowl touch the water). Dip remaining 14 bars halfway into the melted dark chocolate. Return to tray. Sprinkle chocolate-dipped ends of bars with extra nuts. Chill for 30 minutes or until set.



## Cherry & White Choc Pop Tarts

**MAKES** 4 **PREP** 10 minutes **COOK** 25 minutes + 15 minutes to stand **COST** \$2.50 a serve

**1½ cups drained morello cherries**  
**1 tablespoon caster sugar,**  
**plus 2 tablespoons extra**  
**2 sheets frozen puff pastry, thawed**  
**125g white cooking chocolate, chopped,**  
**plus 75g extra**  
**1 egg white, lightly whisked**

**1** Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper.

**2** Mash cherries coarsely with sugar. Drain excess liquid. Cut each pastry sheet into 4

equal squares (total of 8 squares). Place 4 squares on prepared tray. Top with cherry mixture and chocolate. Top with remaining pastry; press edges to seal. Brush pastry with egg white; sprinkle with extra sugar.

**3** Bake for 20 minutes or until browned and cooked. Stand for 15 minutes. Place extra chocolate in a heatproof bowl over a saucepan of simmering water (don't let base of bowl touch the water). Stir until melted and smooth. Drizzle chocolate over tarts.



# Get saucy

Want more chocolate?  
Here's some you can enjoy  
now or freeze for later



## Chocolate Ice-cream Cake

**SERVES** 12 **PREP** 20 minutes + 5 hours 15 minutes to freeze **COST** \$1.85 a serve

**1 quantity Chocolate Fudge Sauce**  
(recipe, right)

**2 litres cookies & cream ice-cream**

**1 litre chocolate ice-cream**

**500g strawberries**

**1** Grease and line base and side of a 22cm springform pan, extending paper 6cm above rim of pan. Spread half the sauce over base of prepared pan. Freeze for 15 minutes or until set.

**2** Place half the cookies & cream ice-cream in a large bowl. Stand at room temperature for 5 minutes or until softened slightly. Spoon the softened ice-cream over chocolate sauce in pan; level surface. Freeze for 30 minutes or until firm.

**3** Meanwhile, place chocolate ice-cream in a large bowl. Stand at room temperature for 5 minutes or until softened slightly.

Spoon softened ice-cream over ice-cream in pan; level surface. Freeze for 30 minutes or until firm.

**4** Repeat using the remaining cookies & cream ice-cream. Cover with foil; freeze for 4 hours or overnight. To serve, remove side of pan and carefully transfer cake to a chilled serving plate or cake stand. Top with strawberries. Serve drizzled with remaining chocolate sauce.





## CHOCOLATE FUDGE SAUCE

**MAKES** 2 cups **PREP** 5 minutes  
**COOK** 5 minutes **+ SERVING TIP** This is delicious served with ice-cream, marshmallows and flaked chocolate

150g dark eating chocolate, chopped  
 ¾ cup cream  
 ¼ cup milk  
 ¼ cup firmly packed brown sugar  
 1 teaspoon vanilla essence

**1** Combine chopped chocolate, cream, milk, sugar and essence in a heatproof bowl over a saucepan of simmering water (don't let base of bowl touch water).

**2** Cook and stir for 5 minutes or until melted and smooth.

**+ TO FREEZE** Place 1-cup quantities in plastic resealable food storage bags or small airtight containers. Label, date and freeze for up to 3 months.

**+ TO THAW** Place the frozen sauce in the fridge overnight.

**+ TO REHEAT** Microwave on High (100%) in 30-second bursts, stirring, until warm (do not overheat).



## Profiteroles with Chocolate Sauce

**SERVES** 6 (Makes 24) **PREP** 25 minutes **COOK** 35 minutes **COST** \$2 a serve

1 cup water  
 75g butter, chopped  
 1 cup plain flour  
 Pinch of salt  
 4 eggs, lightly whisked  
 300ml thickened cream  
 2 tablespoons icing sugar  
 1 quantity Chocolate Fudge Sauce (recipe, left)

**1** Preheat oven to 200°C/180°C fan-forced. Grease and line 2 oven trays with baking paper. Place the water and butter in a medium heavy-based saucepan over moderate heat. Cook and stir for 3 minutes or until melted and combined.

**2** Add flour and salt; cook and stir for 2 minutes or until mixture is combined and dough forms a ball. Transfer to a large bowl.

**3** Using an electric mixer, beat eggs into dough until mixture is smooth and glossy. Spoon mixture into a piping bag fitted with a 1cm plain nozzle. Pipe 24 rounds onto prepared trays.

**4** Bake for 20 minutes or until profiteroles are puffed and golden. Remove from oven. Using the tip of a small knife or bamboo skewer, pierce a small hole in base of each profiterole. Turn oven off. Place profiteroles in oven for 10 minutes or until dry. Cool.

**5** Using an electric mixer, beat cream and icing sugar in a large bowl until firm peaks form. Split profiteroles. Place base of profiteroles on serving plates. Top with cream and remaining profiteroles. Serve drizzled with Chocolate Fudge Sauce.



# 10 ways with... cornbread

This easy-to-make bread is ideal to whip up for a snack or freeze to have on hand



## Basic Cornbread

**SERVES** 12 **PREP** 15 minutes **COOK** 40 minutes + cooling **COST** 50¢ a serve

**+ TO FREEZE** Wrap cornbread in plastic food wrap; label, date and freeze for up to 3 months. Thaw in the fridge overnight.

1½ cups polenta (corn meal)  
1 cup plain flour  
1 tablespoon caster sugar  
1½ teaspoons baking powder  
¼ teaspoon bicarbonate of soda  
1 teaspoon sea salt flakes  
125g butter, melted and cooled  
1½ cups buttermilk  
2 eggs, at room temperature

**1** Preheat oven to 200°C/180°C fan-forced. Grease and line base and sides of a 21cm x 11cm (base measurement)

loaf pan with baking paper, extending paper at long sides for handles.

**2** Combine polenta, flour, sugar, baking powder, bicarbonate of soda and salt in a large bowl. Whisk butter, buttermilk and eggs in a jug. Add to polenta mixture; mix well. Pour into prepared pan; level surface. Bake for 40 minutes or until a skewer inserted at centre comes out clean. Stand in pan for 5 minutes. Transfer cornbread to a wire rack to cool completely.

## ① Jalapeño & Cheese Cornbread

**PREP** 15 minutes **COOK** 40 minutes

**COST** \$1.05 a serve **SERVES** 10

**+ 1 quantity Basic Cornbread (recipe, left) + ½ cup sliced jalapeño, chopped + 5 green onions, thinly sliced + 1 cup grated tasty cheese**

**1** Prepare Basic Cornbread recipe, adding jalapeño, green onion and half the cheese.

**2** Pour into prepared pan; sprinkle remaining cheese over the top. Bake as Basic Cornbread recipe directs.



## ② Corn, Ham & Caramelised Onion Cornbread

**PREP** 15 minutes + cooling **COOK** 55 minutes **COST** \$1 a serve **SERVES** 10

+ 2 tablespoons vegetable or olive oil  
+ 2 onions, thinly sliced + 1 quantity Basic Cornbread (recipe, left) + 100g ham, chopped +  $\frac{3}{4}$  cup corn kernels + 1 cup grated tasty cheese

**1** Heat oil in a frying pan over moderate heat. Add onion; cook and stir for 15 minutes or until caramelised. Cool.

**2** Prepare Basic Cornbread recipe, adding onion, ham, corn and half the cheese; mix well.

**3** Pour into prepared pan; sprinkle remaining cheese over the top. Bake as Basic Cornbread recipe directs.

## ③ Capsicum, Salami & Olive Cornbread

**PREP** 15 minutes **COOK** 40 minutes **COST** \$1.15 a serve **SERVES** 10

+ 1 quantity Basic Cornbread (recipe, left) + 270g jar char-grilled capsicum, drained, chopped + 100g sliced salami, finely chopped + 1 cup sliced black olives +  $\frac{1}{4}$  cup freshly grated parmesan

**1** Prepare Basic Cornbread recipe, adding capsicum, salami and olives; mix well.

**2** Pour into prepared pan; level surface. Sprinkle parmesan over the top. Bake as Basic Cornbread recipe directs.

## ④ Frankfurt & Apple Cornbread

**PREP** 15 minutes + cooling **COOK** 45 minutes **COST** \$1 a serve **SERVES** 10

+ 250g thin frankfurts + 1 quantity Basic Cornbread (recipe, left) + 1 red-skinned apple, unpeeled, grated + 1 cup grated tasty cheese + Tomato relish, to serve

**1** Heat a frying pan over moderate heat. Cook and turn frankfurts for 5 minutes or until browned. Cool. Slice.

**2** Prepare Basic Cornbread recipe, adding frankfurt, apple and half the cheese; mix well. Pour into prepared pan; level surface. Sprinkle with remaining cheese. Bake as Basic Cornbread recipe directs. Serve with tomato relish.





## ⑤ Zucchini Cornbread with Pesto

**PREP** 20 minutes **COOK** 40 minutes  
**COST** \$1.10 a serve **SERVES** 10

+ 2 zucchini, grated + 1 quantity Basic Cornbread (recipe, p68) + ½ bunch chives, finely chopped + 1 cup firmly packed flat-leaf parsley leaves, finely chopped + 1 cup grated tasty cheese + Sun-dried tomato pesto, to serve

**1** Using hands, squeeze excess liquid from zucchini. Prepare Basic Cornbread recipe, adding zucchini, chives, parsley and half the cheese; mix well.

**2** Pour into prepared pan; level surface. Sprinkle remaining cheese over the top. Bake as Basic Cornbread recipe directs. Serve with pesto.

## ⑥ Roasted Pumpkin & Rosemary Cornbread

**PREP** 15 minutes + cooling **COOK** 1 hour **COST** \$1.30 a serve **SERVES** 10

+ 500g pumpkin, chopped  
+ 1 tablespoon vegetable or olive oil  
+ 1 quantity Basic Cornbread (recipe, p68) + ¼ cup rosemary sprigs, finely chopped + 1 cup grated tasty cheese

**1** Preheat oven to 200°C/180°C fan-forced. Place pumpkin on an oven tray. Drizzle with oil. Bake for 20 minutes or until tender. Cool.

**2** Prepare Basic Cornbread recipe, adding pumpkin, rosemary and half the cheese; mix well. Pour into prepared pan; level surface. Sprinkle remaining cheese over the top. Bake as Basic Cornbread recipe directs.

## ⑦ Apricot, Ricotta & Honey Cornbread

**PREP** 15 minutes **COOK** 40 minutes  
**COST** 70¢ a serve **SERVES** 10

+ 1 quantity Basic Cornbread (recipe, p68) + 200g dried apricots, chopped + ¾ cup fresh ricotta, crumbled + 2 tablespoons honey, plus extra, to serve

**1** Prepare Basic Cornbread recipe, adding apricots, ricotta and honey; mix well.

**2** Pour into prepared pan; level surface. Bake as Basic Cornbread recipe directs. Serve drizzled with extra honey.





## ⑧ Strawberry, Mango & White Chocolate Cornbread

**PREP** 15 minutes **COOK** 40 minutes  
**COST** 85¢ a serve **SERVES** 10

+ 1 quantity Basic Cornbread (recipe, p68) + 250g strawberries, sliced + 1 cup chopped canned drained mango + ¾ cup white chocolate bits

**1** Prepare Basic Cornbread recipe, adding strawberries, mango and chocolate; mix well.

**2** Pour into prepared pan; level surface. Bake as Basic Cornbread recipe directs.

**BUDGET  
WINNER  
60¢  
A SERVE**

## ⑨ Orange & Sultana Cornbread

**PREP** 15 minutes **COOK** 40 minutes  
**SERVES** 10

+ 1 quantity Basic Cornbread (recipe, p68) + 1½ cups sultanas + 1 orange, zest finely grated, juiced + Butter, to serve

**1** Prepare Basic Cornbread recipe, adding sultanas, zest and juice; mix well.

**2** Pour into prepared pan; level surface. Bake as Basic Cornbread recipe directs. Serve with butter.



## ⑩ Raspberry Swirl Cornbread

**PREP** 15 minutes **COOK** 40 minutes  
**COST** 65¢ a serve **SERVES** 10

+ 1 quantity Basic Cornbread (recipe, p68) + ½ cup raspberry jam + 250g light spreadable cream cheese

**1** Prepare Basic Cornbread recipe. Spoon mixture into prepared pan; level surface.

**2** Dollop jam over top. Using a bamboo skewer, swirl to create a marbled effect. Bake as Basic Cornbread recipe directs. Serve with cream cheese.





**ABOUT JAMES**  
 James Treble is a qualified colour consultant/interior designer, with over 20 years' experience in varied roles within the building and design industries

**DRAW THE EYE**  
 A colourful canvas pops against a plain white wall



**DECOR SOLUTIONS**  
**WITH JAMES TREBLE**

**DECORATING TIPS & TRICKS**

Our sister magazine **homes+** helps you get your house in order

**MY 5 TOP STYLING TIPS**

Whether I'm styling for a photo shoot or for a client, there are some simple design rules I use. These work for almost every space and every client's needs, no matter what the style, size or budget.

I call these my top styling tips, and I always refer back to them when setting out the look for a room, or the direction I want to take when styling a space.

There can always be an exception to the rules, depending on how bold you are, or how amazing the space you're working in may be. However, these simple tips will still work as a guide for you to use while you create your very own interior design masterpieces.



**2 Power in numbers**  
 Make a statement by grouping similar objects like vases, bottles or bowls together, so that they become a stronger design element than they would be individually.

One of my tricks is to place three or five candlesticks (always odd numbers) of differing heights in one place. When lit, they become one large light feature, creating great ambience.

**1 Size does matter**  
 When it comes to art, oversized pieces will always make a big statement. I suggest investing in one piece that you really love and placing it in a key position, like above the lounge or in a foyer, to set the stage for your home styling.

A big piece of art means you don't need lots of other clutter in the room, as it remains the star of the space. Alternatively, a large piece of amazing fabric, framed or on a canvas, can work just as well.



PHOTOGRAPHY BAUERSYNDICATION.COM.AU  
 (INTERIORS AND CUSHION) MAREE HOMER,  
 JAMES HENRY & MATT LOWDEN





### 3 Prints & patterns

There are patterns everywhere in nature, like the bark of trees, or stones in a river. Natural patterns create interest, so why not use them inside as well? They don't have to be over the top either.

A great way to add pattern is with cushions, throws and rugs, which can work together or independently to help you create the mood you want in your home. Or why not try patterned wallpaper instead?



**OPEN AIR**  
Plants, which produce oxygen, bring the natural world inside

### 5 Go green

One of my favourite and most cost-effective ways to accessorise any room is to add some greenery. I love live plants and have one in nearly every room in my house.

A great thing about indoor plants is that they help to blur the line between inside and out, making rooms feel larger and fresher at the same time. And you can easily enhance mood with an interesting basket or pot, chosen to work with the existing style of your interior.

### 4 Less is more

The term "less is more" means that having less of something makes a stronger - and more enjoyable - statement than overwhelming the senses with too much all at once.

Strong colours or patterns, though amazing, create a better impact when used sparingly in interior design, than when lots of both are crammed together in one space.

The same rule applies for mixing styles of furniture. Using mostly clean lines and neutral tones lets you add one outstanding piece. It can then sit comfortably, without competing with the other pieces.

**POT PRINTS**  
Plants with patterned foliage add even more interest





# Flash in the pan

Get dinner sorted in record time with these magical one-pan meals



## 1 Moroccan Lamb Ready in 30 minutes

+ 500g lamb leg steaks, cut into 1cm slices + 2 teaspoons ground cumin + 2 teaspoons ground cinnamon + 2 teaspoons ground coriander + ¼ cup vegetable or olive oil + 2 bunches dutch (baby) carrots, peeled, blanched

+ 1 onion, sliced + 2 cloves garlic, crushed + 1 tablespoon grated ginger + 1 orange, zest cut into strips, juiced + 2 tablespoons lemon juice + ½ cup raisins + ½ cup mint leaves + 1 fresh long green chilli, thinly sliced + **Couscous, to serve** Combine lamb, cumin, cinnamon and coriander in a bowl. Add half the oil; mix well. Heat a wok or a large frying pan over high heat. Stir-fry

lamb, in batches, for 2 minutes or until browned. Transfer to a heatproof plate. Add remaining oil to wok; stir-fry carrots, onion, garlic and ginger for 5 minutes or until onion softens. Return lamb to pan with juices; stir-fry for 4 minutes or until carrots are just tender. Add raisins; toss to combine. Top with mint, chilli and zest. Serve with couscous. **Serves 4**





## 2 Tomato Lamb Ragout

Ready in 20 minutes

**+ 1 tablespoon vegetable oil + 400g lamb rump steaks, chopped + ½ each red, green and yellow capsicums, sliced + 2 cloves garlic, crushed + 1 large chicken stock cube + ½ cup boiling water + 400g can diced tomatoes + 2 sprigs rosemary + 400g can chickpeas, rinsed + ½ cup mixed olives + Bread, to serve** Heat oil in a large frying pan over high heat. Cook and turn lamb for 2 minutes or until browned. Transfer to a heatproof plate. Add capsicum and garlic to pan; cook and stir for 30 seconds or until fragrant. Add crumbled stock cube, the boiling water and tomatoes to pan. Bring to the boil. Return lamb to pan. Reduce heat. Simmer, uncovered, for 5 minutes or until sauce thickens. Add rosemary, chickpeas and olives; cook and stir for 2 minutes or until heated. Serve with bread. **Serves 4**



## 3 Teriyaki Beef Stir-fry

Ready in 20 minutes

**+ 500g beef stir-fry strips + 100g packet teriyaki beef marinade + 2 tablespoons vegetable or peanut oil + 700g frozen vegetable stir-fry mix supreme, thawed + 4 green onions, sliced diagonally** Combine beef and marinade in a bowl. Heat a wok or frying pan over high heat. Add half the oil; swirl to coat surface. Stir-fry beef, in batches, for 2 minutes or until browned. Transfer to a heatproof plate. Heat remaining oil in wok. Add vegetables; stir-fry for 4 minutes or until heated. Return beef to wok; stir-fry for 2 minutes or until combined. Serve topped with onion. **Serves 4**



## 4 Coconut Satay Chicken Stir-fry

Ready in 25 minutes

**+ 400ml can coconut milk + ½ cup crunchy peanut butter + 2 tablespoons sweet chilli sauce + 1 tablespoon light soy sauce + 200g dried rice stick noodles + 2 tablespoons vegetable or peanut oil + 400g chicken breast fillets, thinly sliced + 1 onion, thinly sliced + 2 carrots, thinly sliced diagonally + ½ teaspoon mild curry powder + 500g broccoli, cut into small florets + 2 tablespoons water + 150g snow peas** Whisk coconut milk, peanut butter, sweet chilli sauce and soy sauce in a large jug. Place noodles in a heatproof bowl. Cover with boiling water; stand for 5 minutes or until tender. Stir with a fork to separate strands. Drain. Meanwhile, heat a large frying pan or wok over high heat. Add 1 tablespoon of the oil; swirl to coat surface. Stir-fry chicken, in batches, for 2 minutes or until browned and cooked. Transfer to a heatproof plate. Cover with foil to keep warm. Reheat pan over high heat. Add remaining oil; swirl to coat surface. Stir-fry onion for 2 minutes or until soft. Add carrot and curry powder; stir-fry for 1 minute or until fragrant. Add broccoli and the water; stir-fry for 2 minutes or until tender. Add snow peas and peanut butter mixture. Bring to the boil; stir-fry for 2 minutes or until snow peas are tender. Add noodles; stir-fry for a further minute or until heated. **Serves 4**



# Simply Red

Here's how to make a trendy dessert even trendier

BUDGET  
WINNER  
**\$1.20**  
A SERVE





## Red Velvet Cupcakes

**MAKES** 24 **PREP** 25 minutes

**COOK** 15 minutes + cooling

**⅔ cup** caster sugar  
**60g** butter, at room temperature  
**1 egg**, lightly whisked  
**½ teaspoon** vanilla essence  
**¼ teaspoon** white vinegar  
**⅔ cup** self-raising flour  
**2 teaspoons** cocoa powder  
**¼ cup** buttermilk  
**1 teaspoon** red food colouring  
**60g** cream cheese, at room temperature  
**25g** butter, at room temperature  
**2 cups** icing sugar, sifted

**1** Preheat oven to 160°C/140°C fan-forced. Line a 24-hole (1½-tablespoon) mini muffin tray with paper patty cases. Using an electric mixer, beat sugar and butter in a bowl until pale and creamy. Beat in egg, essence and vinegar. Sift combined flour and cocoa over the top. Add the buttermilk and food colouring. Stir until just combined.

**2** Pour mixture evenly among prepared holes. Bake for 15 minutes or until a skewer inserted at centre comes out clean. Transfer to a wire rack to cool completely.

**3** Using an electric mixer, beat cream cheese and butter in a bowl until pale and creamy. Gradually add icing sugar, beating until smooth. Spoon frosting into a piping bag fitted with a 1cm star nozzle. Pipe frosting onto cooled cupcakes.

### RED VELVET KNOW-HOW

**+ORIGIN** The red velvet cake was created in the United States and is traditionally a layered cake made with buttermilk and vinegar, tinted with red food colouring and topped with a cream cheese frosting.

**+COLOUR** The depth of red can vary, from dark red to light red.

**+TEXTURE** The combination of buttermilk and vinegar gives the cake a fluffy texture.



## Red Velvet Black Forest Cake

**SERVES** 12 **PREP** 45 minutes + 1 hour to chill **COOK** 55 minutes + cooling **COST** \$2.15 a serve

**125g** butter, at room temperature  
**1½ cups** caster sugar  
**2 teaspoons** vanilla essence  
**1 teaspoon** white vinegar  
**2 eggs**, at room temperature  
**1½ cups** self-raising flour  
**½ cup** cocoa powder  
**1 cup** buttermilk, at room temperature  
**1 tablespoon** red food colouring  
**2 x 415g** cans stoneless black cherries in syrup  
**600ml** thickened cream  
**2 tablespoons** icing sugar  
**50g** dark chocolate

**1** Preheat oven to 180°C/160°C fan-forced. Grease and line a deep 22cm round cake pan with baking paper. Using an electric mixer, beat butter, sugar, essence and vinegar until light and creamy. Add eggs, one by one, beating until combined. Sift together flour and cocoa powder. Combine buttermilk and colouring in a jug. Reduce

speed to low; beat flour mixture and buttermilk mixture alternately into egg mixture until just combined. Spread mixture into prepared pan; level surface. Bake for 55 minutes or until a skewer inserted at centre comes out clean. Stand for 5 minutes in pan; transfer to a wire rack to cool completely.

**2** Drain cherries, reserving ¼ cup of the syrup. Using a serrated knife, cut cake horizontally into 3 even layers. Place 1 layer on a serving plate. Brush with a third of the reserved cherry syrup. Using an electric mixer, beat cream and icing sugar until firm peaks form. Spread a third of the cream over cake. Cut two-thirds of the cherries in half. Top cream with half the chopped cherries. Repeat layers, finishing with cake. Top with remaining cream. Chill for 1 hour.

**3** Top cake with remaining cherries. Using a vegetable peeler, grate chocolate over cake.





## LET'S ASK AMANDA HOW!

Editor Amanda Lennon shares her leftover bread tricks as a handy standby

**Q** I always have leftover bread that I usually end up throwing out, so it goes to waste! Could you please share some tips on ways for me to use it up.

Lucy Boric, Trafalgar, Victoria

**A** You are certainly not alone on this one! I think we are all guilty of throwing out slices of stale bread on a regular basis. To get more mileage out of a loaf of bread, you could turn the stale slices into fine crumbs using a food processor. Then measure 1-cup quantities into resealable food storage bags - and label, date and freeze for up to 3 months. Thaw in the fridge overnight. There are so many uses for breadcrumbs: add them to meatballs and sausage rolls; sprinkle them over the top of a vegetable bake; or fry them and toss them through spaghetti. You'll soon discover that the humble loaf of bread has a million and one uses besides filling up the bin!



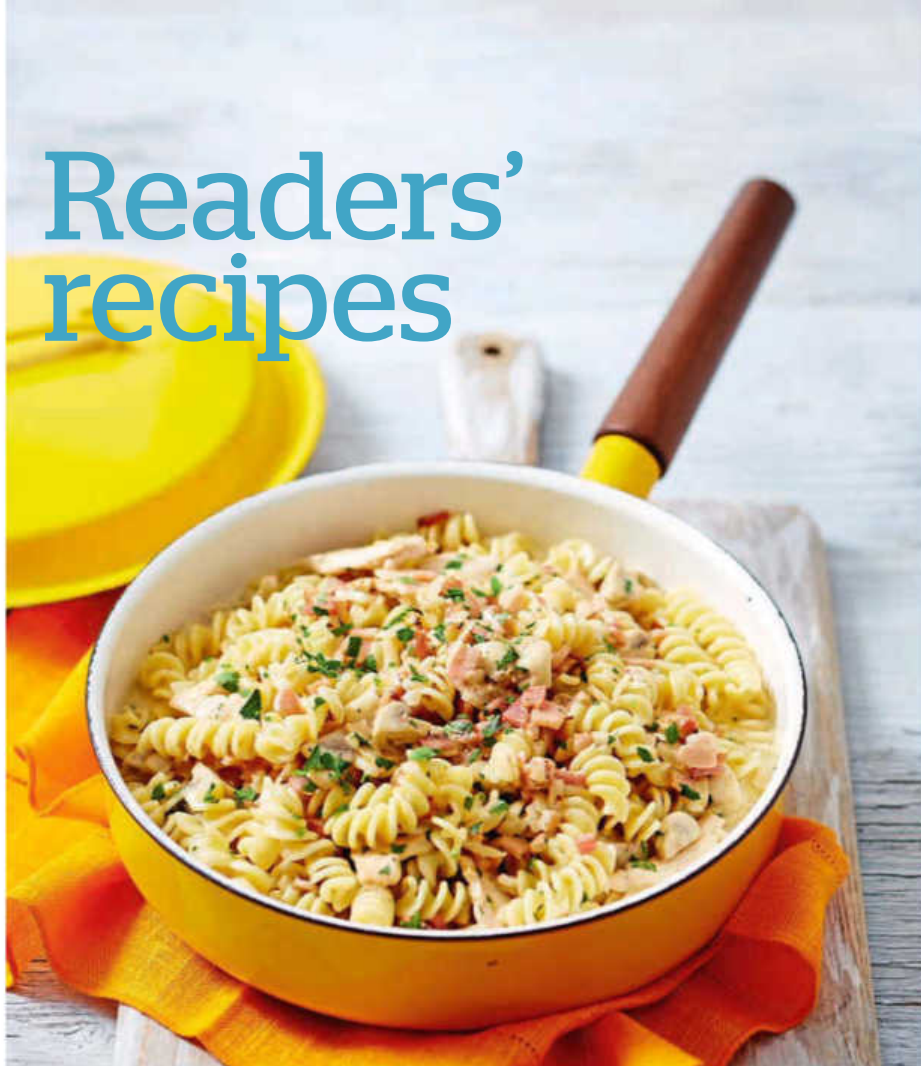
**LUCY WINS** the Ultimate Savannah BBQ prize pack, valued at RRP \$160. This fabulous prize includes high-quality bamboo boards, oil to keep them in top shape, plus BBQ Tongs that feature a sneaky bottle opener so no one will go thirsty! For stockists, visit [www.vgminternational.com.au](http://www.vgminternational.com.au)

Have a question for Amanda about cooking? Send it, along with your full name and town or suburb, to [recipesplus@bauer-media.com.au](mailto:recipesplus@bauer-media.com.au) for your chance to have it published and win a prize.



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# Readers' recipes



## MEET THIS MONTH'S WINNERS

**KALLYN RIORDAN, OF WARRNAMBOOL, VIC, SAYS, "THIS IS OUR GO-TO FAMILY MEAL, AS IT'S SO QUICK AND EASY - AND EVERYONE LOVES IT!"**

### Creamy Garlic Chicken Pasta

**SERVES 4** **PREP** 10 minutes **COOK** 15 minutes

**325g large spiral pasta**  
**4 bacon rashers, rind removed, chopped**  
**350g chicken breast fillets, sliced**  
**1 onion, finely chopped**  
**2 cloves garlic, crushed**  
**120g button mushrooms, quartered**  
**2 cups thickened cream**  
**2 tablespoons finely chopped flat-leaf parsley, plus 1 tablespoon extra**

**1** Cook pasta in a saucepan of boiling salted water for 10 minutes or until tender. Drain.

**2** Meanwhile, heat a large non-stick frying pan over moderate heat. Cook and stir

bacon for 3 minutes or until browned; transfer to a heatproof plate. Add the chicken to pan; cook and stir for 3 minutes or until browned; transfer to plate with bacon. Add onion and garlic to pan; cook and stir for 2 minutes or until soft. Return bacon and chicken to pan. Add mushroom and cream. Bring to the boil. Reduce heat; simmer, stirring occasionally, for 5 minutes or until chicken is cooked and the sauce thickens. Season. Stir in parsley.

**3** Add the pasta to chicken mixture; toss to combine. Serve the pasta sprinkled with extra parsley.





## SEND US YOUR RECIPES TO WIN AMAZING PRIZES!

**recipes+** is looking for Australia's best home cooks! If you have a favourite family recipe that's been passed down through the generations, or love coming up with your own recipes through trial and error, we'd love you to share them with us. We have great prizes up for grabs each month.

Send your Reader Recipe to: **recipes+**, Level 1, 54 Park Street, Sydney, NSW 2000 or email [recipesplus@bauer-media.com.au](mailto:recipesplus@bauer-media.com.au). Remember to include your address and daytime phone number.



## \$300 IN PRIZES

**KALLYN AND MARK BOTH WIN** a scrumptious Cadbury Easter Hamper of chocolates valued at \$100 each, plus \$50 worth of new Cadbury products each. Cadbury, founded in England in the 1800s, has been making chocolate in Australia since 1922 and is one of the most well-known brands in the world. Find out more at [cadbury.com.au](http://cadbury.com.au)

\* Hamper may vary dependent on availability.

**MARK CLANCY OF DULWICH HILL, NSW, SAYS, "MY GRANDMOTHER USED TO MAKE THESE FOR US AS KIDS DURING THE HOLIDAYS."**

### Cheese & Bacon Muffins

**MAKES** 12 **PREP** 10 minutes **COOK** 25 minutes + cooling

**2** bacon rashers, rind removed,  
finely chopped  
**¾** cup milk  
**2** eggs, at room temperature  
**50g** butter, melted, plus extra, to serve  
**2** cups self-raising flour  
**1** cup grated cheese  
**2** tablespoons finely chopped flat-leaf  
parsley  
Pinch of cayenne pepper

**1** Preheat oven to 180°C/160°C fan-forced. Line a 12-hole (½-cup) muffin tray with paper cases. Heat a small non-stick frying pan over moderate heat. Cook and stir

bacon for 3 minutes or until browned. Whisk milk, egg and butter in a jug.

**2** Combine bacon, flour, half the cheese, the parsley and cayenne pepper in a bowl. Make a well at centre. Add egg mixture; mix until just combined (don't over-mix). Spoon mixture into prepared holes. Top with remaining cheese.

**3** Bake for 20 minutes or until a skewer inserted at centre comes out clean. Stand in tray for 5 minutes. Transfer to a wire rack to cool. Serve with extra butter.



# Cake of the month

## St Patrick's Day Rainbow Cake

Find your pot of gold with this gorgeous cake, guaranteed to add a shimmering sparkle to your day





## St Patrick's Day Rainbow Cake

**SERVES** 12 **PREP** 1 hour **COOK** 1 hour + cooling **COST** \$2.95 a serve

**2 cups plain flour**  
**2 cups caster sugar**  
**2 teaspoons baking powder**  
**1 cup vegetable or sunflower oil**  
**6 eggs, at room temperature**  
**1 teaspoon vanilla essence**  
**¾ cup chocolate sauce**  
**¾ cup dark chocolate bits**  
**450g tub vanilla frosting**  
**Coloured Fondant Balls (recipe, below)**  
**36 white marshmallows**  
**Fondant Pot of Gold (recipe, below)**

**1** Preheat oven to 180°C/160°C fan-forced. Grease and line base and sides of a 22cm (base measurement) round cake pan with

baking paper. Using an electric mixer, beat flour, sugar, baking powder, oil, eggs and essence in a large bowl until combined. Pour half of the batter into prepared pan.

**2** Drizzle chocolate sauce over cake batter in pan. Sprinkle with chocolate bits; using a skewer, swirl to combine. Top with remaining cake batter; swirl to combine. Bake for 1 hour or until a skewer inserted at centre comes out clean. Stand cake in pan for 5 minutes. Turn out onto a wire rack to cool.

**3** Using a large, sharp knife, cut cake in half to form 2 semi-circles. Using a small,

sharp knife, cut a semi-circle from centre of each cake to form an arch (**step A**). Discard centre of cakes (or eat!).

**4** Place cakes on a large cake board. Spread half of the vanilla frosting over top and sides of one cake to lightly cover. Repeat with remaining frosting and cake. Decorate 1 cake with half of the Fondant Balls, in order from red to yellow, green to blue, following the curve, to cover cake. Repeat with remaining Fondant Balls and cake. Arrange marshmallows at base of each cake arch to form clouds. Place the Fondant Pot of Gold, then scatter chocolate coins at the end of the rainbow.



### Coloured Fondant Balls

**MAKES** approx 110 **PREP** 30 minutes + 1 hour to dry

**Icing sugar, to dust**  
**2 x 500g packets bought fondant icing multipack (green, red, blue, yellow)**

**1** Line an oven tray with baking paper. Lightly dust a clean work surface with icing sugar. Working with one coloured fondant at a time, knead on prepared surface until pliable, dusting with extra icing sugar, if required.

**2** Roll enough fondant into 5g balls to make one row on each cake (you'll need to weigh them to get the exact size). Set fondant balls aside on prepared tray for 1 hour to dry (fondant will harden). Repeat with the remaining coloured fondant.

### Fondant Pot of Gold

**PREP** 10 minutes + 1 hour to dry

**Icing sugar, to dust**  
**200g bought black fondant**  
**100g bag foil-wrapped milk chocolate coins**

**1** Line an oven tray with baking paper. Lightly dust a clean work surface with icing sugar. Knead black fondant on prepared surface until pliable, dusting with extra icing sugar, if required.

**2** Shape into an 8cm-wide x 5cm-high pot. Pressing gently, make a dip in the middle of the pot. Roll a 15cm-long strip (for rim) from fondant. Attach strip to rim of pot, pressing gently. Set aside on prepared tray for 1 hour to dry (fondant will harden).

**3** Place a few chocolate coins in the centre of the pot.



# Easter feaster

Celebrate with chocolate and create a fun cake the kids will love!



## MIX IT UP

- +CHOCOLATE** You can use dark or white chocolate instead of milk chocolate, if you like.
- +PUFFED RICE CEREAL** Use other cereals, such as chocolate-flavoured puffed rice cereal, instead.
- +EASTER EGGS** Use bought lollies and chocolate-coated bullets instead of Easter eggs.
- +100'S & 1000'S** Sprinkle with colourful edible cachous instead.

## Easter Smash Cake

**SERVES** 20 **PREP** 20 minutes + 1 hour 15 minutes to chill **COOK** 5 minutes **COST** 80¢ a serve

200g milk eating chocolate, chopped,  
plus 200g extra, melted  
80g butter, chopped  
2½ cups puffed rice cereal  
Assorted Easter eggs & chocolates,  
to fill  
1½ tablespoons 100's & 1000's

**1** Grease a 1.25-litre (5-cup) metal bowl.  
Line with plastic food wrap, allowing wrap

to overhang rim of bowl. Combine milk chocolate and butter in a large heavy-based saucepan; cook and stir over low heat for 3 minutes or until melted and smooth.

**2** Place rice cereal in a large bowl. Add melted chocolate mixture; mix well. Press mixture evenly over base and side of prepared bowl. Chill for 1 hour or until set.

**3** Using plastic wrap as a guide, carefully remove chocolate shell from metal bowl. Fill with Easter eggs and chocolates. Top with a large plate. Invert onto a serving plate. Remove plastic wrap.

**4** Drizzle top of shell with extra melted chocolate, allowing chocolate to run down sides. Sprinkle with 100's & 1000's. Chill for a further 15 minutes or until set.





# soba, serve hot or cold

quick & Japan-easy  
every night of the week!

## Hakubaku made in Australia, the Japanese way

Prep Time 10 mins | Cook Time 8 mins

### Chicken with Soba Noodles & Garlic Sauce for 4

**Ingredients** 270 g Hakubaku Organic Soba Noodles (cooked as per pack, drained & cooled) 2 small Chicken breasts (trimmed & sliced thin) 2 Spring onions (thinly sliced, on angle) 1 tbsp Fresh ginger (grated) 2 tbsps Rice wine 2 tbsps Extra virgin olive oil 2 Cloves garlic (crushed) 2 tbsps Dark soy 1 tsp Chilli oil 1 tbsp Mirin 1 tsp Sugar ½ cup Coriander sprigs (as garnish)

**Method** Combine the chicken, spring onions, ginger, rice wine & olive oil. Pre-heat a grill pan & grill chicken on both sides until fully cooked. Combine chicken & noodles in a bowl. Mix the garlic, soy, mirin, sugar & chilli oil. Pour over the noodles & chicken, toss & coat well. Garnish with coriander sprigs.



**Hakubaku**  
The Kokumotsu Company

Hakubaku Organic Noodles are available in the Asian food section at your local supermarket & at many organic & specialist Asian grocers.

For more recipes visit  
[www.hakubaku.com](http://www.hakubaku.com)





# Crumpets.



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